



WHATSheATE



Foie Gras with Bing Cherries and Mâche

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons butter melted ()
- ☐ 12 cherries fresh pitted quartered
- ☐ 6.5 ounce foie gras chilled (fattened duck liver)
- ☐ 1 tablespoon grapeseed oil
- ☐ 12 slices bread crumbs country-style very thin (such as pain rustique)
- ☐ 1 tablespoon shallots minced

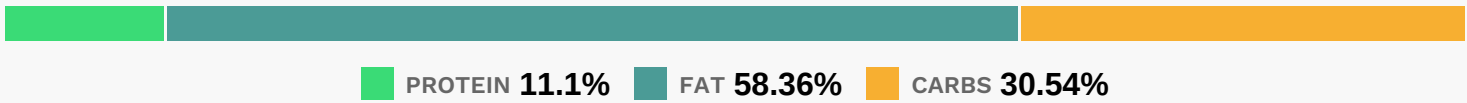
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F. Arrange bread in single layer on rimmed baking sheet; brush lightly with melted butter.
- ☐ Bake until golden brown, about 14 minutes.
- ☐ Boil 1/4 cup vinegar in small saucepan until reduced to 2 tablespoons, about 2 minutes. Toasts and vinegar reduction can be made 6 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Combine m&\$226;che and quartered cherries in medium bowl.
- ☐ Whisk shallot, grapeseed oil, and remaining 1 tablespoon cherry balsamic vinegar in small bowl; add to salad and toss to coat. Season with salt and pepper. Mound salad in center of 6 plates. Arrange foie gras on plates.
- ☐ Drizzle with vinegar reduction.
- ☐ Serve salads with toasts.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:24.849565296069%

Nutrients (% of daily need)

Calories: 335.96kcal (16.8%), Fat: 21.66g (33.33%), Saturated Fat: 10.75g (67.16%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 23.87g (8.68%), Sugar: 15.12g (16.8%), Cholesterol: 168.2mg (56.07%), Sodium: 224.37mg (9.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin B12: 16.59µg (276.54%), Vitamin A: 12443.92IU (248.88%), Copper: 1.84mg (91.76%), Folate: 252.56µg (63.14%), Iron: 10.35mg (57.48%), Selenium: 20.64µg (29.49%), Vitamin B5: 1.91mg (19.09%), Vitamin B3: 3.8mg (19.01%), Vitamin B2: 0.31mg (18.35%),

Vitamin B1: 0.23mg (15.32%), Vitamin B6: 0.24mg (11.97%), Phosphorus: 101.55mg (10.16%), Zinc: 1.04mg (6.95%),
Fiber: 1.64g (6.57%), Vitamin E: 0.78mg (5.21%), Potassium: 176.02mg (5.03%), Manganese: 0.1mg (4.9%),
Magnesium: 15.89mg (3.97%), Vitamin C: 1.52mg (1.84%)