



Fresh Duck Foie Gras and Roasted Pears with Winter Garden Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 6 servings garnish: fennel sprigs fresh
- ☐ 12 ounces duck foie gras very cold cut into six 1/4-inch-thick slices
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 3 tablespoons olive oil
- ☐ 3 large pears cored ripe cut into 6 wedges
- ☐ 0.1 teaspoon pepper freshly ground

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 cups gourmet salad greens mixed
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

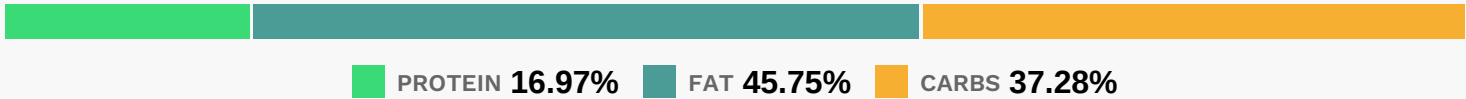
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toss pears, rosemary, salt, and pepper with olive oil.
- ☐ Place pears on a baking sheet.
- ☐ Bake at 475 for 6 to 8 minutes or until slightly firm.
- ☐ Toss greens with 1 tablespoon extra virgin olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Arrange greens on six individual plates.
- ☐ Heat a 10-inch cast-iron skillet over high heat.
- ☐ Add foie gras; cook in batches 45 seconds. Turn, and cook 30 more seconds or until golden brown and slightly crisp.
- ☐ Arrange 3 pear wedges on side of greens. Top each with a fois gras slice.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:34.486521783082%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 227.73kcal (11.39%), Fat: 11.96g (18.4%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 18.25g (6.64%), Sugar: 11.25g (12.5%), Cholesterol: 292mg (97.33%), Sodium: 231.89mg (10.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin B12: 30.62µg (510.29%), Vitamin A: 17843.29IU (356.87%), Copper: 4.37mg (218.63%), Folate: 434.54µg (108.64%), Iron: 17.74mg (98.55%), Selenium: 38.82µg (55.46%), Vitamin B5: 3.59mg (35.93%), Vitamin B2: 0.55mg (32.16%), Vitamin B6: 0.48mg (24.11%), Vitamin B1: 0.34mg (22.59%), Vitamin B3: 3.99mg (19.96%), Phosphorus: 170.5mg (17.05%), Vitamin C: 12.33mg (14.94%), Fiber: 3.67g (14.7%), Zinc: 1.9mg (12.7%), Vitamin K: 11.51µg (10.96%), Vitamin E: 1.49mg (9.93%), Potassium: 306.36mg (8.75%), Magnesium: 24.55mg (6.14%), Manganese: 0.11mg (5.3%), Calcium: 39.61mg (3.96%)