



Fuyu Persimmons with Foie Gras

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 package shelf-stable demi-glace () (any flavor)
- ☐ 6 slices slightly egg bread such as brioche sweet white thick ()
- ☐ 6 ounces duck foie gras fresh chilled
- ☐ 2 firm-ripe fuyu persimmons rinsed (5 to 6 oz. total)
- ☐ 0.5 cup madeira wine
- ☐ 6 servings salt
- ☐ 3 tablespoons sherry vinegar
- ☐ 2 cups watercress sprigs rinsed drained
- ☐ 0.3 cup whipping cream

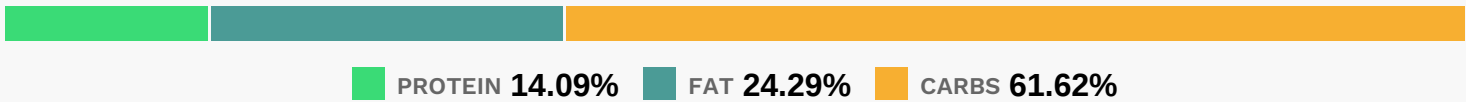
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse foie gras, pat dry, and discard any tough membrane.
- ☐ Cut foie gras crosswise into 1/2-inch-thick slices. Cover and chill.
- ☐ Trim off stems and bottom ends of persimmons.
- ☐ Cut each crosswise into 3 equal pieces.
- ☐ Lay a slice on each plate with a cluster of watercress sprigs.
- ☐ In a 10- to 12-inch frying pan, mix demi-glace, madeira, vinegar, and cream. Boil over high heat, stirring often, until 2/3 cup, about 5 minutes. Put sauce in a small bowl; keep warm. Rinse and dry pan.
- ☐ Lay bread slices, side by side, in a 10- by 15-inch pan. Broil about 6 inches from heat until toasted on both sides, about 3 minutes total. Keep toast warm.
- ☐ Place frying pan over high heat; when very hot, add foie gras. Brown slices lightly, turning once, about 1 minute total (fat spatters, so partially cover pan). Take off heat.
- ☐ Put toast on plates and top each slice with about 2 teaspoons of foie gras fat. Top equally with foie gras.
- ☐ Drizzle warm sauce equally over foie gras. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:9.49, Inflammation Score:-10, Nutrition Score:32.765652117522%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 314.18kcal (15.71%), Fat: 8.22g (12.64%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 45.62g (16.59%), Sugar: 1.46g (1.63%), Cholesterol: 184.24mg (61.41%), Sodium: 447.7mg (19.47%), Alcohol: 2.06g (100%), Alcohol %: 1.4% (100%), Protein: 10.73g (21.46%), Vitamin B12: 15.38µg (256.29%), Vitamin A: 9407.04IU (188.14%), Copper: 2.23mg (111.49%), Folate: 266.49µg (66.62%), Iron: 11.79mg (65.52%), Vitamin C: 43.21mg (52.37%), Selenium: 35.68µg (50.97%), Vitamin B2: 0.52mg (30.54%), Vitamin K: 29.21µg (27.82%), Vitamin B1: 0.4mg (26.98%), Vitamin B3: 4.46mg (22.32%), Vitamin B5: 1.97mg (19.72%), Phosphorus: 161.48mg (16.15%), Manganese: 0.32mg (16.01%), Vitamin B6: 0.28mg (13.87%), Potassium: 363.74mg (10.39%), Calcium: 99.12mg (9.91%), Zinc: 1.35mg (9.01%), Magnesium: 22.25mg (5.56%), Fiber: 1.28g (5.1%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.34mg (2.28%)