



La Vie du Canard

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1981 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 ounce bourbon
- ☐ 750 mL bourbon
- ☐ 2 ounces foie gras pate
- ☐ 1 serving ice cubes
- ☐ 1 serving cranberry-orange relish
- ☐ 3 dashes irish whiskey

Equipment

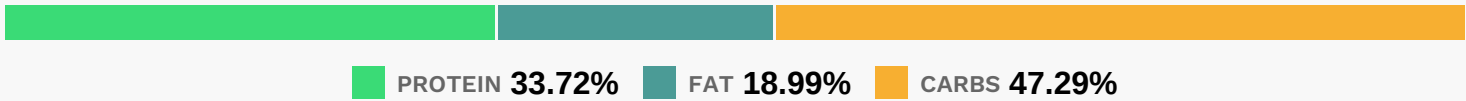
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ measuring cup

Directions

- ☐ For the foie-washed bourbon: Melt the rendered foie fat in a skillet over medium heat.
- ☐ Pour the bourbon into a large non-reactive measuring cup.
- ☐ Add hot foie to the bourbon and stir. Allow to cool and steep for 6–8 hours.
- ☐ Place the bourbon in the freezer for 8 hours. Strain the fat off the bourbon by pouring it through a fine mesh sieve into a clean bowl. Line the sieve with a coffee filter and strain a second time.
- ☐ For the cocktail: Fill a mixing glass with ice.
- ☐ Add foie-washed bourbon, Cynar, Cocchi Americano, and bitters. Stir. Strain into an un-iced rocks glass. Rub rim of glass with orange twist, then add twist to drink.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:36.236956518629%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1980.93kcal (99.05%), Fat: 2.53g (3.9%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 12.05g (4.38%), Sugar: 8.42g (9.35%), Cholesterol: 292mg (97.33%), Sodium: 90.21mg (3.92%), Alcohol: 269.4g (100%), Alcohol %: 33.84% (100%), Protein: 10.13g (20.26%), Vitamin B12: 30.62µg (510.29%), Vitamin A: 17778.07IU (355.56%), Copper: 4.48mg (224.17%), Folate: 445.44µg (111.36%), Iron: 17.72mg (98.46%), Vitamin C: 50.43mg (61.13%), Selenium: 39.06µg (55.8%), Vitamin B5: 3.73mg (37.31%), Vitamin B2: 0.57mg (33.76%), Vitamin B1: 0.45mg (29.69%), Vitamin B6: 0.49mg (24.65%), Vitamin B3: 4.05mg (20.23%), Phosphorus:

192.81mg (19.28%), Zinc: 2.13mg (14.21%), Potassium: 309.4mg (8.84%), Fiber: 2.16g (8.64%), Manganese: 0.17mg (8.37%), Calcium: 62.06mg (6.21%), Magnesium: 23.17mg (5.79%), Vitamin E: 0.16mg (1.08%)