



Oriental duck salad

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 duck confit legs
- ☐ 1 tsp five spice powder chinese
- ☐ 140 g vermicelli
- ☐ 1 celery stalks cut into matchsticks
- ☐ 1 carrots cut into matchsticks
- ☐ 0.5 cucumber deseeded cut into matchsticks
- ☐ 2 spring onion sliced
- ☐ 2 tbsp hoisin sauce

☐ 1 tbsp soya sauce

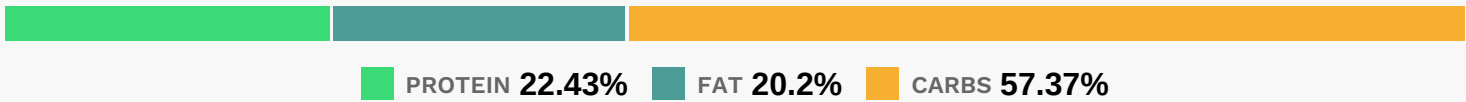
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Rub the duck leg all over with five-spice and seasoning, place on a baking tray and roast for 25 mins.
- ☐ Meanwhile, cook the rice noodles following pack instructions.
- ☐ Drain and cool under cold running water, then drain again well and toss with the celery, carrot, cucumber and spring onions. When cool enough to handle, remove the duck meat and crispy skin from the bone and finely shred.
- ☐ To make the dressing, mix the hoisin and soy sauce with 2 tbsp water. Divide the noodles between two plates and top with the shredded duck.
- ☐ Drizzle over the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:101.92, Glycemic Load:34.57, Inflammation Score:-10, Nutrition Score:16.232608722604%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 514.93kcal (25.75%), Fat: 11.31g (17.41%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 72.31g (24.1%), Net Carbohydrates: 68.65g (24.96%), Sugar: 7.31g (8.12%), Cholesterol: 98.81mg (32.94%), Sodium: 1010.6mg (43.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.27g (56.53%), Vitamin A: 5285.13IU (105.7%), Selenium:

30.02µg (42.88%), Vitamin K: 34.93µg (33.27%), Vitamin B3: 6.13mg (30.66%), Manganese: 0.6mg (29.99%), Iron: 3.84mg (21.32%), Phosphorus: 165.02mg (16.5%), Fiber: 3.65g (14.62%), Vitamin C: 8.3mg (10.05%), Potassium: 325.86mg (9.31%), Copper: 0.18mg (9.15%), Magnesium: 34.52mg (8.63%), Folate: 32.29µg (8.07%), Calcium: 71.07mg (7.11%), Vitamin B6: 0.14mg (7.03%), Vitamin B2: 0.11mg (6.66%), Zinc: 0.96mg (6.43%), Vitamin B1: 0.08mg (5.66%), Vitamin B5: 0.37mg (3.74%), Vitamin E: 0.34mg (2.27%)