



Sauteed Duck Foie Gras



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp balsamic vinegar
- ☐ 2 tsp canola oil
- ☐ 0.5 lb grade a duck foie gras raw deveined cleaned at room temperature
- ☐ 4 servings salt and pepper to taste

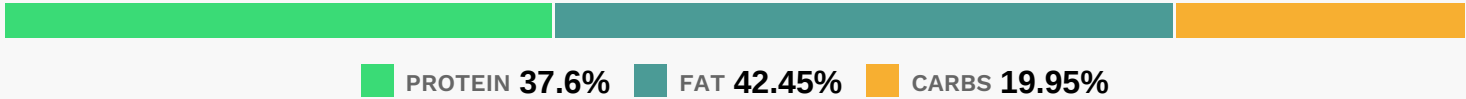
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ After deveining, cut the foie gras crosswise into 1/2-inch-thick pieces, then season with salt and pepper.
- ☐ Heat 1 teaspoon of the canola oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking.
- ☐ Sauté half the foie gras until golden, 45 to 60 seconds on each side (it will be pink inside). Quickly transfer to a paper towel to drain and discard fat in skillet.
- ☐ Sauté the rest of the foie gras the same way, then discard all all but 1 tablespoon of remaining fat in skillet.
- ☐ Add 2 tablespoons balsamic vinegar and bring to a boil.
- ☐ Serve foie gras with sauce.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:31.407826094524%

Nutrients (% of daily need)

Calories: 102.34kcal (5.12%), Fat: 4.68g (7.19%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.95g (1.8%), Sugar: 1.2g (1.33%), Cholesterol: 292mg (97.33%), Sodium: 275.01mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Vitamin B12: 30.62µg (510.29%), Vitamin A: 17575.57IU (351.51%), Copper: 4.27mg (213.36%), Folate: 418.44µg (104.61%), Iron: 17.37mg (96.5%), Selenium: 38.61µg (55.16%), Vitamin B5: 3.51mg (35.06%), Vitamin B2: 0.51mg (29.75%), Vitamin B6: 0.43mg (21.55%), Vitamin B1: 0.32mg (21.24%), Vitamin B3: 3.69mg (18.43%), Phosphorus: 149.5mg (14.95%), Zinc: 1.75mg (11.65%), Potassium: 139.41mg (3.98%), Magnesium: 14.57mg (3.64%), Vitamin C: 2.55mg (3.09%), Calcium: 26.66mg (2.67%), Vitamin E: 0.39mg (2.63%), Vitamin K: 1.6µg (1.53%)