



Sauteed Duck Gizzard Salad with Mizuna, Carrot Pickles, Leek Confit and Pears Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



785 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound carrots cut into fine julienne
- ☐ 1 tablespoon dijon mustard
- ☐ 1 pound duck gizzards
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 leeks rinsed
- ☐ 0.5 pound mizuna dry washed and spun firm

- ☐ 1 teaspoon oregano dried
- ☐ 2 comice pears
- ☐ 1 teaspoon poppy seeds
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cooking sherry sweet
- ☐ 4 tablespoons sherry vinegar
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons virgin olive oil

Equipment

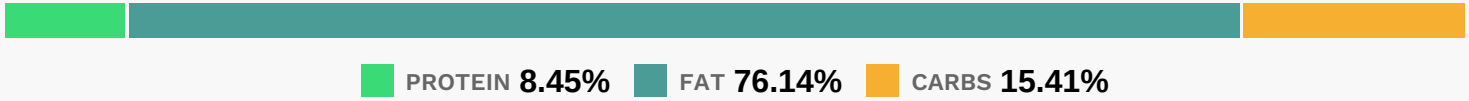
- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Bring 1 quart water to boil and add 1 tablespoon salt.
- ☐ Wash and pat dry duck gizzards and set aside.
- ☐ Drop carrots into boiling water and blanch 1 minute.
- ☐ Remove to small mixing bowl and, while still warm, add red wine vinegar, oregano, salt and poppy seeds. Allow to cool in brine.
- ☐ Cut leeks into 1-inch long half moons.
- ☐ Heat 2 tablespoons virgin olive oil in a 10-inch saute pan until smoking.
- ☐ Add leeks and saute until softened over medium heat, about 5 to 6 minutes.
- ☐ Add sugar and sherry and simmer until liquid is gone, about 4 to 5 minutes.
- ☐ Remove from heat and let stand.
- ☐ Core and seed the pears and cut into 1/4-inch cubes. In mixing bowl, stir together Dijon, sherry, vinegar and extra virgin until smooth and add pears. In a 12-inch saute pan, heat remaining 3 tablespoons virgin olive oil until smoking. Season gizzards with salt and pepper.
- ☐ Place gizzards in pan, stirring constantly until cooked through, about 7 to 8 minutes.

- ☐
- To assemble dish, dress Mizuna with pear mixture and place in center of 4 plates.
- ☐
- Sprinkle carrots around and arrange 3 piles of leeks on each. Divide gizzards over salad and serve.

Nutrition Facts



Properties

Glycemic Index:68.67, Glycemic Load:8.57, Inflammation Score:-10, Nutrition Score:29.70086953951%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 9.45mg, Isorhamnetin: 9.45mg, Isorhamnetin: 9.45mg, Isorhamnetin: 9.45mg Kaempferol: 23.04mg, Kaempferol: 23.04mg, Kaempferol: 23.04mg, Kaempferol: 23.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 785.17kcal (39.26%), Fat: 66.21g (101.86%), Saturated Fat: 17.93g (112.08%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 22.67g (8.24%), Sugar: 15.09g (16.76%), Cholesterol: 86.18mg (28.73%), Sodium: 758.2mg (32.97%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 16.53g (33.06%), Vitamin A: 12152.46IU (243.05%), Vitamin K: 200.4µg (190.86%), Vitamin C: 55.56mg (67.35%), Vitamin E: 5.89mg (39.29%), Iron: 5.53mg (30.71%), Fiber: 7.48g (29.93%), Vitamin B3: 5.86mg (29.3%), Vitamin B6: 0.54mg (27.12%), Copper: 0.54mg (26.77%), Phosphorus: 253.02mg (25.3%), Potassium: 859.49mg (24.56%), Manganese: 0.48mg (24.04%), Vitamin B1: 0.36mg (23.91%), Selenium: 16.58µg (23.69%), Vitamin B2: 0.38mg (22.25%), Folate: 69.24µg (17.31%), Magnesium: 69.11mg (17.28%), Calcium: 155.51mg (15.55%), Vitamin B5: 1.48mg (14.83%), Zinc: 2.09mg (13.92%), Vitamin D: 0.79µg (5.29%), Vitamin B12: 0.28µg (4.72%)