



Smoked Duck Toasts with Gingered Rhubarb

READY IN



30 min.

SERVINGS



6

CALORIES



186 kcal

Ingredients

- ☐ 4.5 inch crusty baguette (preferably sourdough)
- ☐ 18 cilantro leaves fresh
- ☐ 0.8 lb duck breast meat – skin left on smoked
- ☐ 1.5 teaspoons ginger fresh finely grated peeled
- ☐ 0.3 cup mayonnaise
- ☐ 6 oz rhubarb trimmed cut into 1/4-inch dice
- ☐ 2 tablespoons sugar
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 0.3 cup water

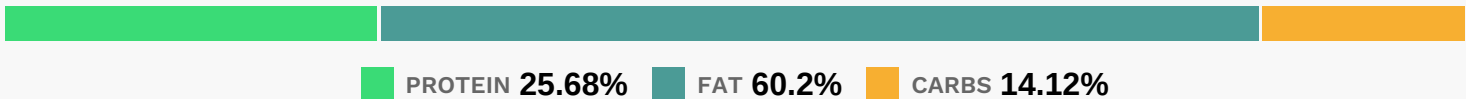
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve

Directions

- ☐ Preheat oven to 450°F.
- ☐ Brush 1 side of each bread slice lightly with butter, then toast on a baking sheet in middle of oven until golden, about 6 minutes, and cool.
- ☐ Simmer rhubarb, ginger, water, and sugar in a small heavy saucepan, uncovered, stirring gently, until rhubarb is just tender, 2 to 3 minutes, then set pan in a bowl of ice and cold water to stop cooking.
- ☐ Drain rhubarb in a sieve set over a bowl, reserving rhubarb, then whisk together 2 teaspoons rhubarb liquid and mayonnaise. Discard remaining cooking liquid.
- ☐ Remove skin and fat from duck breast. Carve 18 (1/8-inch-thick) slices from duck, cutting across the grain. Trim slices to fit toasts, reserving any remaining duck for another use.
- ☐ Spread about 1 teaspoon rhubarb mayonnaise on buttered side of each toast and top with 1 slice of duck, 1 teaspoon rhubarb, and a cilantro sprig.
- ☐ * Available at D'Artagnan (800-327-8246).
- ☐ · Toasts can be made 1 day ahead and kept in an airtight container at room temperature. · Gingered rhubarb can be made 1 day ahead and chilled in cooking liquid, covered.

Nutrition Facts



Properties

Glycemic Index:41.97, Glycemic Load:3.58, Inflammation Score:-4, Nutrition Score:13.564782659645%

Flavonoids

Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 186.37kcal (9.32%), Fat: 12.41g (19.1%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.82g (2.12%), Sugar: 4.51g (5.01%), Cholesterol: 55.1mg (18.37%), Sodium: 108.4mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Vitamin B12: 7.39µg (123.13%), Vitamin K: 42.42µg (40.4%), Vitamin B6: 0.36mg (17.98%), Selenium: 12.31µg (17.59%), Vitamin B1: 0.25mg (16.59%), Iron: 2.81mg (15.62%), Phosphorus: 117.09mg (11.71%), Vitamin B2: 0.2mg (11.67%), Vitamin A: 557.38IU (11.15%), Vitamin B3: 2.17mg (10.86%), Copper: 0.2mg (9.89%), Vitamin C: 7.43mg (9%), Potassium: 272.08mg (7.77%), Vitamin B5: 0.54mg (5.4%), Magnesium: 18.44mg (4.61%), Manganese: 0.09mg (4.6%), Vitamin E: 0.62mg (4.14%), Calcium: 34.2mg (3.42%), Zinc: 0.49mg (3.27%), Folate: 11.77µg (2.94%), Fiber: 0.73g (2.91%)