

Sauteed Duck Foie Gras

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-foie-gras-recipe>

Ingredients:

- 1/2 pound foie gras piece raw Grade A duck, at room temperature, cleaned and deveined
- salt
- pepper
- 2 teaspoons canola oil
- 2 tablespoons balsamic vinegar

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 85 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 8 grams
8. Sodium: 590 milligrams
9. Sugar: 1 grams

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