



Butternut Squash Gnocchi with Duck Confit and Swiss Chard

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 lb butternut squash halved lengthwise seeded
- ☐ 30 oz duck confit legs
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon sage fresh finely chopped
- ☐ 0.5 teaspoon thyme sprigs fresh finely chopped
- ☐ 1 pinch nutmeg
- ☐ 1.5 oz pecorino cheese finely grated

- ☐ 6 servings pecorino cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 3 lb swiss chard dried washed cut into 2- by 1-inch pieces, then (but not)
- ☐ 5 tablespoons butter unsalted
- ☐ 0.1 teaspoon pepper white
- ☐ 0.8 lb yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ cutting board
- ☐ potato ricer

Directions

- ☐ Preheat oven to 500°F.
- ☐ Arrange squash halves, cut sides down, in an oiled shallow baking pan and put potatoes alongside. Roast vegetables in middle of oven until squash is tender, about 25 minutes.
- ☐ Transfer squash to a cutting board and potatoes to oven rack, then continue to roast potatoes until tender, about 12 minutes more.
- ☐ When cool enough to handle, scrape flesh from squash, discarding skin, then force flesh through ricer into a bowl. Measure out 3/4 cup purée and put in another bowl (reserve remainder for another use).
- ☐ Remove skin from potatoes while still hot and force flesh through ricer into bowl with squash.

- ☐ Spread squash-potato purée in another shallow baking pan and cool completely.
- ☐ Return purée to bowl and stir in egg, cheese, thyme, sage, salt, white pepper, and nutmeg.
- ☐ Add flour, then gently knead dough by hand 1 minute (it will be soft and slightly sticky).
- ☐ Turn dough out onto a floured cutting board and cut into 3 portions. Gently roll each portion into a long log about 3/4 inch thick.
- ☐ Cut each log into 3/4-inch pieces with a floured knife.
- ☐ Press a piece of dough against tines of a floured fork and push with a floured thumb in a forward motion toward end of tines, letting gnocchi fall from fork onto a floured kitchen towel. Repeat with remaining pieces of dough.
- ☐ Cook duck legs, skin sides down, in batches in a large heavy skillet over moderate heat, turning once, until browned and some of fat is rendered, about 5 minutes.
- ☐ Transfer duck to cleaned cutting board, then discard all but 1 tablespoon fat from skillet, reserving skillet.
- ☐ When duck is cool enough to handle, discard skin and bones, then pull meat into 1/4-inch-thick pieces.
- ☐ Melt 3 tablespoons butter in a 12-inch heavy skillet and remove from heat. Cook gnocchi in 3 batches in a 6-quart pot of boiling salted water, stirring occasionally, until centers are cooked through, about 3 minutes. (Gnocchi will float to top after about 1 1/2 minutes.)
- ☐ Transfer as cooked with a slotted spoon to butter in skillet.
- ☐ Melt remaining 2 tablespoons butter in a 3- to 4-quart heavy saucepan over moderate heat, then stir in chard and salt. Cook, covered, just until wilted, 2 to 3 minutes.
- ☐ While chard is wilting, heat reserved duck fat in skillet over moderately high heat until hot but not smoking, then sauté duck, stirring frequently, until lightly browned, 2 to 3 minutes.
- ☐ Add chard, including any cooking liquid, and duck to gnocchi and cook over moderate heat, tossing gently, until heated through.
- ☐ Serve sprinkled with cheese.
- ☐ • Squash-potato purée can be made 1 day ahead, cooled completely, then chilled, covered. Bring to room temperature before proceeding.

Nutrition Facts



PROTEIN 30.14% **FAT 47.83%** **CARBS 22.03%**

Properties

Glycemic Index:47.46, Glycemic Load:9.21, Inflammation Score:-10, Nutrition Score:41.906086869862%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 13.61mg, Kaempferol: 13.61mg, Kaempferol: 13.61mg, Kaempferol: 13.61mg Myricetin: 7.03mg, Myricetin: 7.03mg, Myricetin: 7.03mg, Myricetin: 7.03mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 590.52kcal (29.53%), Fat: 32.09g (49.36%), Saturated Fat: 15.67g (97.92%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 26.01g (9.46%), Sugar: 5.79g (6.43%), Cholesterol: 206.15mg (68.72%), Sodium: 1250.61mg (54.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.5g (91%), Vitamin K: 1886.39µg (1796.56%), Vitamin A: 26424.76IU (528.5%), Vitamin C: 104.77mg (126.99%), Magnesium: 252.64mg (63.16%), Manganese: 1.18mg (59.13%), Calcium: 591.06mg (59.11%), Copper: 1.08mg (53.81%), Phosphorus: 475.9mg (47.59%), Selenium: 32.16µg (45.94%), Potassium: 1546mg (44.17%), Iron: 7.85mg (43.59%), Vitamin B3: 8.55mg (42.77%), Vitamin E: 6.37mg (42.46%), Vitamin B6: 0.61mg (30.67%), Fiber: 7.22g (28.9%), Vitamin B2: 0.43mg (25.02%), Folate: 78.51µg (19.63%), Vitamin B1: 0.27mg (17.88%), Zinc: 2.24mg (14.91%), Vitamin B5: 1.31mg (13.1%), Vitamin B12: 0.51µg (8.49%), Vitamin D: 0.53µg (3.51%)