



Confit Duck Leg Pozole



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chile dried stemmed seeded
- ☐ 1 confit duck leg
- ☐ 1 teaspoon cilantro leaves fresh finely chopped
- ☐ 0.5 garlic clove
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.5 cup hominy white canned rinsed drained (pozole)
- ☐ 0.3 teaspoon honey
- ☐ 0.5 teaspoon oregano dried crumbled

- ☐ 1 serving accompaniments: cilantro leaves; plum tomato; onion; tortilla chips fresh white chopped finely chopped finely
- ☐ 0.3 teaspoon salt to taste
- ☐ 1.5 cups water
- ☐ 0.3 cup onion white chopped

Equipment

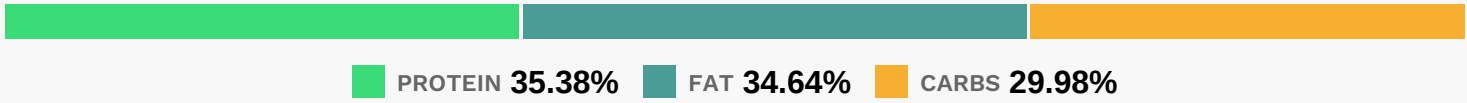
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Remove skin from duck leg and cut skin into 1/4-inch pieces. Cook skin in a 1- to 1 1/2-quart heavy saucepan over low heat, stirring occasionally, until fat is rendered and skin is golden brown, 8 to 12 minutes.
- ☐ Transfer duck skin with a slotted spoon to paper towels to drain and season with salt.
- ☐ Pour off and discard fat from saucepan (or reserve for another use), then wipe pan clean and set aside.
- ☐ While skin cooks, remove duck meat from bones, reserving bones, and finely shred.
- ☐ Toast chile in dry saucepan over moderate heat, turning with tongs, until fragrant and pliable, about 2 minutes, then transfer to a bowl. Cover chile with boiling-hot water and soak until softened, about 20 minutes.
- ☐ Drain chile and transfer to a blender.
- ☐ While chile soaks, add onion and garlic to dry saucepan and cook over moderate heat, stirring occasionally, until browned, 2 to 3 minutes.
- ☐ Add water, oregano, honey, cumin, and reserved bones and simmer, uncovered, 20 minutes. Discard bones.

- ☐
- Blend broth mixture with softened chile and 1/4 teaspoon salt in blender until very smooth (use caution when blending hot liquids).
- ☐
- Transfer purée to saucepan.
- ☐
- Add hominy and shredded duck meat and simmer, covered, 10 minutes. Stir in cilantro and salt to taste, then serve topped with duck skin.
- ☐
- *Available at butcher shops, some supermarkets, and D'Artagnan (800-327-8246).
- ☐
- **Available at Latino markets, many supermarkets, and Chile Today-Hot Tamale (800-468-7377).

Nutrition Facts



Properties

Glycemic Index:189.27, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:24.111304117286%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 579.8kcal (28.99%), Fat: 22.59g (34.75%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 30.46g (11.08%), Sugar: 19.66g (21.84%), Cholesterol: 196.65mg (65.55%), Sodium: 1108.56mg (48.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.9g (103.8%), Vitamin A: 9308.09IU (186.16%), Vitamin B3: 13.15mg (65.77%), Selenium: 41.86µg (59.8%), Fiber: 13.52g (54.06%), Vitamin K: 44.89µg (42.76%), Iron: 6.9mg (38.34%), Vitamin B2: 0.45mg (26.46%), Manganese: 0.5mg (25.08%), Vitamin C: 18.21mg (22.07%), Potassium: 766.8mg (21.91%), Vitamin B6: 0.38mg (19.16%), Magnesium: 57.06mg (14.26%), Phosphorus: 105.37mg (10.54%), Copper: 0.2mg (9.85%), Zinc: 1.41mg (9.42%), Vitamin E: 1.35mg (9.01%), Calcium: 85.81mg (8.58%), Folate: 31.5µg (7.87%), Vitamin B5: 0.55mg (5.48%), Vitamin B1: 0.06mg (4.14%)