



# Confit of Duck Breast and Sausage Cassoulet

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf dried
- 1 pound cannellini beans dried
- 4 boned duck breast halves ( )
- 3 cups fat-skimmed chicken broth
- 1 tablespoon thyme leaves dried fresh chopped
- 0.5 pound garlic sausages sliced
- 5 cloves garlic minced pressed peeled
- 2 onions peeled chopped ( 1 lb. total)

- 0.5 teaspoon pepper
- 2 tablespoons salt
- 2 tablespoons sugar
- 0.3 pound thick- bacon chopped
- 8 servings thyme sprigs rinsed
- 0.5 lb firm-ripe tomato cored rinsed chopped
- 0.8 cup wine such as beaujolais nouveau dry red

## Equipment

- bowl
- frying pan
- ladle
- slotted spoon

## Directions

- Sort beans and discard debris. Rinse beans, drain, and put into a 5- to 6-quart pan with 4 quarts water. Bring to a boil over high heat, cover, reduce heat, and simmer for 1 hour.
- Drain beans, discarding liquid; if making up to 1 day ahead, cover and chill. Put beans in a 4 1/2-quart or larger electric slow-cooker.
- Meanwhile, pull and cut skin from duck breasts; reserve skin for cracklings (cover and chill up to 1 day).
- Place breasts in a bowl.
- Add 2 tablespoons salt and the sugar, and mix; cover and chill at least 30 minutes but no longer than 1 hour. Rinse breasts well under cool running water; if making up to 1 day ahead, cover and chill.
- Cut meat into 1/2-inch chunks.
- In a 10- to 12-inch frying pan over medium-high heat, frequently stir bacon until browned and crisp, about 5 minutes. Discard all but 1 tablespoon bacon drippings.
- Add onions and garlic to bacon; stir often until onions begin to brown, 8 to 10 minutes.

- Add broth and wine; bring to a boil over high heat, scraping up browned bits from panbottom.
- Pour onion-broth mixture into slow-cooker with beans.
- Add tomato, chopped thyme, pepper, and bay leaf; mix.
- Place duck pieces on the beans.
- Cover and cook until beans and duck are very tender to bite, 5 to 6 hours on low, 4 to 5 hours on high. If there is more liquid than desired, uncover slow-cooker, turn heat to high, and simmer to concentrate the mixture, up to 30 minutes.
- Stir sausage slices into cassoulet and cook until hot, 5 to 10 minutes. Ladle cassoulet into bowls, sprinkle equally with duck cracklings, and garnish with thyme sprigs.
- Duck cracklings. Chop reserved duck skin (see preceding) into 1/4-inch pieces. In a 10- to 12-inch frying pan over medium-high heat, frequently stir skin until crisp and golden, 5 to 8 minutes. With a slotted spoon, transfer to towels to drain.
- Sprinkle with salt. When cool, wrap airtight; chill up to 1 day. Makes 1/3 to 1/2 cup.

## Nutrition Facts

**PROTEIN 33.27%** **FAT 21.83%** **CARBS 44.9%**

### Properties

Glycemic Index:41.51, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:39.111738873565%

### Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

### Nutrients (% of daily need)

Calories: 487.32kcal (24.37%), Fat: 11.56g (17.78%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 40.29g (14.65%), Sugar: 6.8g (7.55%), Cholesterol: 96.37mg (32.12%), Sodium: 2267.46mg (98.59%), Alcohol: 2.34g (100%), Alcohol %: 0.77% (100%), Protein: 39.63g (79.25%), Vitamin B12: 14.93µg (248.85%), Manganese: 1.47mg (73.63%), Folate: 292.42µg (73.1%), Vitamin B6: 1.43mg (71.54%), Vitamin B1: 0.95mg (63.54%), Phosphorus: 561.12mg (56.11%), Selenium: 39.14µg (55.91%), Fiber: 13.19g (52.77%), Iron: 9.46mg (52.53%), Copper: 0.97mg (48.44%), Potassium: 1407.24mg (40.21%), Magnesium: 153.75mg (38.44%), Vitamin C: 28.37mg (34.39%), Vitamin B2: 0.56mg (33.16%), Vitamin B3: 6.48mg (32.4%), Vitamin B5: 1.96mg (19.64%), Zinc: 2.8mg

(18.67%), Calcium: 181.76mg (18.18%), Vitamin A: 395.09IU (7.9%), Vitamin K: 6.47μg (6.16%), Vitamin E: 0.37mg (2.47%)