



Duck and Black-Eyed Pea Cassoulet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 6 cups pea-mond dressing frozen thawed
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup carrots finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 1.5 cups crimini mushrooms chopped
- ☐ 60 ounce duck confit legs
- ☐ 6 cups fat-skimmed beef broth fat-free

- ☐ 2 tablespoons parsley fresh divided chopped
- ☐ 2 tablespoons thyme sprigs fresh divided chopped
- ☐ 7 cloves garlic chopped
- ☐ 1 teaspoon salt divided
- ☐ 1 cup onion yellow finely chopped

Equipment

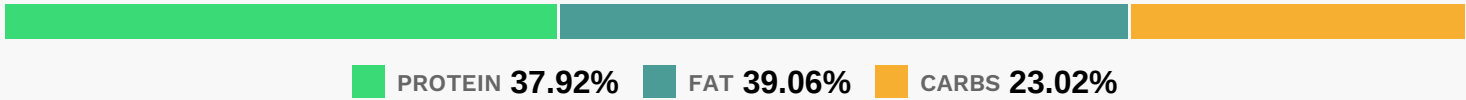
- ☐ frying pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Cook bacon in a large Dutch oven over medium heat until crisp.
- ☐ Remove bacon, reserving 3 tablespoons drippings in pan; set bacon aside. Increase heat to medium-high.
- ☐ Sprinkle duck with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Add 3 duck legs to drippings in pan; cook 3 minutes on each side or until browned.
- ☐ Remove from pan. Repeat procedure with remaining duck.
- ☐ Add onion and garlic to pan; saut 3 minutes.
- ☐ Add remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper, mushrooms, celery, and carrot. Cover, reduce heat to low, and cook 20 minutes or until very tender, stirring occasionally.
- ☐ Stir in broth, peas, 1 tablespoon thyme, and 1 tablespoon parsley. Return duck to pan; bring to a boil. Reduce heat, and simmer 1 hour and 20 minutes or until duck is tender, slightly mashing beans occasionally with a fork or potato masher.
- ☐ Remove duck from pan; cool slightly.
- ☐ Remove meat from bones; shred. Discard bones. Return meat to pan. Simmer 20 minutes or until mixture is thick, stirring occasionally. Stir in remaining 1 tablespoon thyme and remaining 1 tablespoon parsley.
- ☐ Sprinkle with bacon.

☐ Wine note: The rustic flavors of this cassoulet will benefit from a red wine that pays tribute to the dish's French peasant roots. A basic Rhne red, like Jean-Luc Colombo Les Abeilles Ctes du Rhne 2005 (\$13), has leathery, smoky aromas that echo the dish's earthy black-eyed peas and mushrooms, while the plummy black fruit and medium body balance nicely with dark meat duck legs. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:35.73, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:24.685651893201%

Flavonoids

Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 566.3kcal (28.31%), Fat: 24.38g (37.51%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 22.71g (8.26%), Sugar: 6.18g (6.86%), Cholesterol: 178.14mg (59.38%), Sodium: 1281.22mg (55.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.26g (106.51%), Folate: 285.69µg (71.42%), Selenium: 46.32µg (66.18%), Vitamin B3: 11.44mg (57.19%), Manganese: 0.81mg (40.55%), Iron: 7.18mg (39.89%), Fiber: 9.63g (38.51%), Vitamin A: 1588.01IU (31.76%), Phosphorus: 278.4mg (27.84%), Copper: 0.49mg (24.55%), Vitamin B1: 0.36mg (23.68%), Vitamin K: 23.88µg (22.74%), Magnesium: 82.01mg (20.5%), Potassium: 620.58mg (17.73%), Vitamin B6: 0.3mg (14.81%), Zinc: 2.19mg (14.58%), Vitamin B2: 0.22mg (12.71%), Vitamin C: 10.01mg (12.13%), Vitamin B5: 1.14mg (11.36%), Calcium: 82.49mg (8.25%), Vitamin B12: 0.44µg (7.28%), Vitamin E: 0.54mg (3.58%)