



Duck Confit Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 45 servings cilantro sprigs for serving
- ☐ 8 corn tortillas warmed
- ☐ 4 confit duck legs
- ☐ 1 large garlic clove unpeeled
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 0.5 pound plum tomatoes

- ☐ 1 large poblano
- ☐ 1 chile fresh red seeded chopped
- ☐ 45 servings salt
- ☐ 1 large scallion chopped
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 pound tomatillos husked

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ broiler
- ☐ microwave

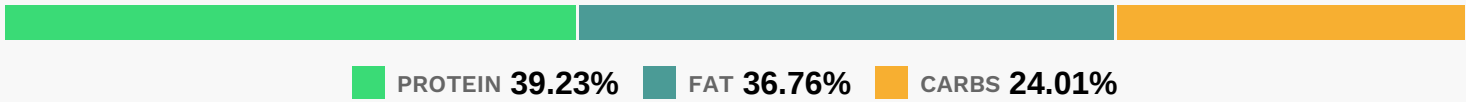
Directions

- ☐ Roast the poblano directly over a gas flame or under the broiler, turning, until charred.
- ☐ Let cool. Peel, seed and chop the poblano.
- ☐ Preheat a cast-iron skillet.
- ☐ Add the tomatoes, tomatillos and garlic and cook over moderate heat, turning, until charred. Peel the garlic; transfer to a food processor.
- ☐ Add the tomatoes, tomatillos, poblano, red chile and scallion and pulse until chunky.
- ☐ Add the lime juice and season the salsa with salt.
- ☐ Microwave the duck at high power for 1 1/2 minutes, until the skin is warm.
- ☐ Remove the skin from the legs in 1 piece. Line a plate with paper towels and lay the skins on top. Microwave at high power for about 5 minutes, until the skin is browned and sizzling.
- ☐ Remove the skin from the paper towels and let cool completely.
- ☐ Cut the crisp skin into thin strips.
- ☐ Shred the duck meat. In a skillet, simmer the broth, soy sauce and five-spice powder.
- ☐ Add the duck and toss until heated through.

☐

Serve the tortillas with the salsa, duck, cracklings and cilantro.

Nutrition Facts



Properties

Glycemic Index:5.72, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:1.7621738926872%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 47.84kcal (2.39%), Fat: 1.95g (3%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.45g (0.51%), Cholesterol: 17.48mg (5.83%), Sodium: 281.19mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin C: 5.81mg (7.04%), Vitamin B3: 1.15mg (5.75%), Selenium: 3.67µg (5.24%), Iron: 0.49mg (2.73%), Vitamin K: 2.52µg (2.4%), Phosphorus: 20.79mg (2.08%), Fiber: 0.51g (2.05%), Manganese: 0.04mg (2.05%), Vitamin B6: 0.03mg (1.66%), Vitamin A: 80.49IU (1.61%), Magnesium: 5.74mg (1.43%), Potassium: 44.95mg (1.28%), Copper: 0.02mg (1.01%)