



Duck Fat-Fried Home Fries



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



634 kcal

SIDE DISH

Ingredients

- ☐ 1 cup duck skin and fat trimmings chopped
- ☐ 1 cup garlic light green chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 small potatoes peeled cut into 1/2-inch chunks

Equipment

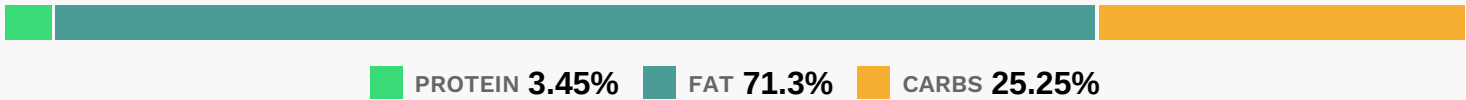
- ☐ frying pan
- ☐ paper towels
- ☐ stove

☐ slotted spoon

Directions

- ☐ Place duck skin and fat in a nonstick pan over medium-low heat. Cook until fat renders and skin is crisp, 5 to 10 minutes.
- ☐ Remove skin with a slotted spoon to a paper towel lined plate, return pan to stove, and increase heat to medium-high.
- ☐ Stir in potatoes with salt and black pepper. Cover and cook, stirring every few minutes, until potatoes are tender, 10 to 15 minutes.
- ☐ Remove lid and cook, stirring, until potatoes are well-browned and crispy, 5 to 10 minutes.
- ☐ Stir in green garlic, cover, and cook 2 minutes. Stir until onions are soft and dissolved, 5 to 7 minutes.
- ☐ Transfer potatoes to a plate and top with crispy duck skin.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:24.92, Inflammation Score:-4, Nutrition Score:14.386521562934%

Flavonoids

Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 633.84kcal (31.69%), Fat: 51.47g (79.19%), Saturated Fat: 17.09g (106.82%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 36.54g (13.29%), Sugar: 1.67g (1.85%), Cholesterol: 51.25mg (17.08%), Sodium: 16mg (0.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Vitamin C: 44.1mg (53.45%), Vitamin B6: 0.92mg (46.17%), Manganese: 0.84mg (42.07%), Potassium: 853.37mg (24.38%), Fiber: 4.48g (17.92%), Vitamin D: 2.46µg (16.4%), Phosphorus: 149.08mg (14.91%), Copper: 0.29mg (14.33%), Vitamin B1: 0.2mg (13.61%), Magnesium: 47.77mg (11.94%), Iron: 1.91mg (10.63%), Vitamin B3: 2.03mg (10.15%), Vitamin E: 1.43mg (9.53%), Calcium: 82.38mg (8.24%), Selenium: 5.45µg (7.78%), Vitamin B5: 0.71mg (7.07%), Folate: 28.24µg (7.06%), Zinc: 0.89mg (5.92%), Vitamin B2: 0.09mg (5.41%), Vitamin K: 3.97µg (3.78%)