

## Duck Purloo



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 lb diestel breakfast sausage (not links)
- ☐ 2 lb duck breast meat – skin left on boneless
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 oz mushroom caps fresh sliced
- ☐ 0.5 lb kielbasa low-fat cut into 1/4-inch pieces (not )
- ☐ 32 fl. oz. chicken broth reduced-sodium
- ☐ 4 cups onion chopped

- ☐ 2 cups bell pepper red chopped
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 0.5 teaspoon salt
- ☐ 1 scotch bonnet peppers fresh minced
- ☐ 1.5 cups rice long-grain white
- ☐ 2 cups bell pepper yellow chopped

## Equipment

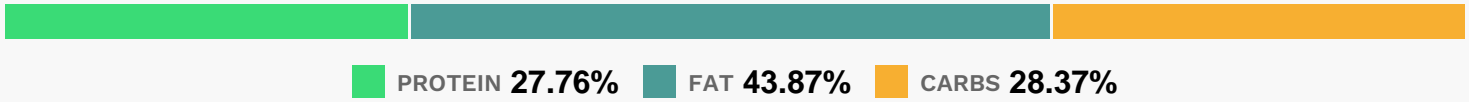
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Put duck breasts, skin sides up, in a 6 to 8-quart heavy pot and add broth. Bring just to a boil over high heat, then reduce heat to low and simmer, covered, until very tender when pierced with a fork, 2 to 3 hours.
- ☐ Transfer duck to a bowl with a slotted spoon, then, when cool enough to handle, remove and discard skin and shred meat with 2 forks. Skim off and discard fat from broth and return shredded duck to pot.
- ☐ While duck cooks, crumble breakfast sausage into a deep 12-inch heavy skillet and cook over moderately high heat, stirring occasionally, until browned, about 5 minutes.
- ☐ Add kielbasa, 1/4 teaspoon pepper, and red pepper flakes and cook, stirring occasionally, about 5 minutes. Skim off all but about 2 tablespoons fat and discard it.
- ☐ Add onions and bell peppers to sausage mixture and increase heat to high, then cook, stirring occasionally, until onions are softened, about 10 minutes.
- ☐ Add mushrooms and cook, stirring, until softened, about 3 minutes.
- ☐ Transfer sausage mixture to a large bowl. Cool to room temperature, then chill, covered, until duck is finished cooking.
- ☐ Return sausage mixture to pot with duck meat and add remaining 1/4 teaspoon pepper, habanero chile, and salt. Stir in rice and bring liquid to a rolling boil over high heat, then reduce

- heat and simmer, covered, stirring occasionally, until rice is tender and moist but not soggy, about 20 minutes.
- ☐ Remove from heat and let stand, covered, 15 minutes. Stir in parsley and season with salt and pepper.
- ☐ \*Available at [dartagnan.com](http://dartagnan.com).
- ☐ Duck purloo can be made 3 days ahead and cooled completely, then chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:39.65, Glycemic Load:19.15, Inflammation Score:-9, Nutrition Score:34.299130377562%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 16.72mg, Quercetin: 16.72mg, Quercetin: 16.72mg, Quercetin: 16.72mg

## Nutrients (% of daily need)

Calories: 606.51kcal (30.33%), Fat: 29.35g (45.15%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 39.39g (14.32%), Sugar: 5.49g (6.09%), Cholesterol: 147.98mg (49.33%), Sodium: 864.26mg (37.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.56%), Vitamin B12: 15.62µg (260.33%), Vitamin C: 132.79mg (160.96%), Vitamin B6: 1.28mg (64.17%), Vitamin B1: 0.85mg (56.47%), Vitamin B3: 10.91mg (54.56%), Selenium: 34.12µg (48.74%), Phosphorus: 456.63mg (45.66%), Iron: 7.31mg (40.6%), Vitamin B2: 0.59mg (34.84%), Copper: 0.64mg (31.89%), Manganese: 0.63mg (31.42%), Vitamin A: 1460.38IU (29.21%), Potassium: 972.48mg (27.79%), Zinc: 3.49mg (23.25%), Vitamin B5: 2.21mg (22.14%), Vitamin K: 19.25µg (18.34%), Magnesium: 66.87mg (16.72%), Folate: 55.96µg (13.99%), Fiber: 3.3g (13.2%), Calcium: 54.07mg (5.41%), Vitamin E: 0.79mg (5.28%), Vitamin D: 0.78µg (5.2%)