



Orecchiette with Spiced Duck Ragù

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arugula coarsely chopped
- ☐ 2 strips. with bones, skinned
- ☐ 0.5 cinnamon sticks
- ☐ 0.5 cup feta cheese
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 3 garlic clove chopped
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 12 ounces orecchiette ear-shaped (little pasta)

- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 3.5 cups canned tomatoes canned crushed (from two 28-ounce cans)

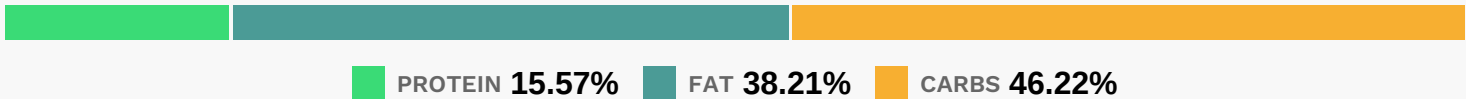
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Sprinkle duck with salt and pepper.
- ☐ Add duck to pot and sauté until brown, about 3 minutes per side.
- ☐ Transfer duck to plate.
- ☐ Add basil, garlic, thyme, cinnamon stick, and crushed red pepper to pot; sauté 3 minutes. Return duck to pot.
- ☐ Add tomatoes; bring to boil. Reduce heat to medium-low, cover, and simmer until duck is tender, about 1 hour.
- ☐ Remove cinnamon stick.
- ☐ Transfer duck to work surface.
- ☐ Cut all meat from bones; cut meat into strips. Return meat to pot. Season duck ragù to taste with salt and pepper. (Can be prepared 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled. Rewarm over medium heat before serving.)
- ☐ Cook orecchiette in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain pasta. Return to pot.
- ☐ Add duck ragù, arugula, and Parmesan; toss to blend. Divide pasta among small bowls.
- ☐ Sprinkle with feta cheese.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:15.2, Inflammation Score:-8, Nutrition Score:14.767826099759%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 349.75kcal (17.49%), Fat: 15.06g (23.17%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 41g (13.67%), Net Carbohydrates: 37.27g (13.55%), Sugar: 5.87g (6.53%), Cholesterol: 37.12mg (12.37%), Sodium: 296mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.61%), Selenium: 34.84µg (49.77%), Manganese: 0.68mg (34.14%), Phosphorus: 203.29mg (20.33%), Vitamin B6: 0.38mg (18.99%), Copper: 0.35mg (17.48%), Vitamin B3: 3.48mg (17.39%), Vitamin E: 2.53mg (16.87%), Vitamin K: 16.71µg (15.91%), Fiber: 3.73g (14.92%), Vitamin C: 12.01mg (14.56%), Potassium: 495.8mg (14.17%), Iron: 2.5mg (13.87%), Magnesium: 54.95mg (13.74%), Vitamin B2: 0.21mg (12.39%), Calcium: 118.04mg (11.8%), Zinc: 1.62mg (10.79%), Vitamin B1: 0.16mg (10.52%), Vitamin A: 478.31IU (9.57%), Vitamin B5: 0.88mg (8.84%), Folate: 28.75µg (7.19%), Vitamin B12: 0.36µg (5.94%)