



Pasta with Confit Duck and Savoy Cabbage

READY IN



1500 min.

SERVINGS



4

CALORIES



746 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup wine dry white
- ☐ 18 oz duck confit legs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 12 fl. oz. chicken broth reduced-sodium
- ☐ 2 large onion halved lengthwise sliced (1/; 4 cups)
- ☐ 1 lb soup noodles dried (bell-shaped
- ☐ 1 teaspoon salt
- ☐ 1.5 lb savoy cabbage cored cut into 2-inch pieces (8 cups)

- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 teaspoon vegetable oil

Equipment

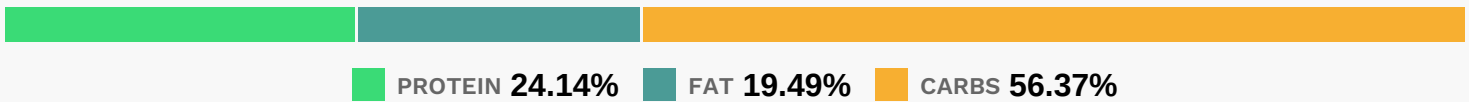
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ colander
- ☐ cutting board

Directions

- ☐ Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then sear duck legs, starting skin sides down and turning over once, until skin is golden and some of fat is rendered, 6 to 8 minutes total.
- ☐ Transfer to a cutting board, reserving skillet. When duck legs are cool enough to handle, remove skin and scrape off and reserve any visible fat, then cut skin into roughly 1/4-inch pieces. Return skin and fat to skillet and cook over moderate heat, stirring occasionally and pressing down on larger pieces, until fat is rendered and cracklings are golden and crisp, about 5 minutes.
- ☐ Transfer cracklings with a slotted spoon to paper towels to drain.
- ☐ While cracklings cook, pull duck meat from legs into roughly 1/4-inch-thick strips, discarding bones and any gristle.
- ☐ Reserve 2 tablespoons fat in skillet, discarding remainder, then cook onions with 1/2 teaspoon salt over moderate heat, stirring occasionally, until golden brown, 15 to 20 minutes.
- ☐ Add cabbage and 1/2 teaspoon salt and cook, stirring and turning occasionally with tongs, until cabbage is slightly wilted, about 5 minutes.
- ☐ Add wine and cook, stirring, until evaporated, about 2 minutes.
- ☐ Add chicken broth and simmer, covered, stirring occasionally, until cabbage is very tender, 25 to 30 minutes.

- ☐ While cabbage simmers, cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 1 cup pasta-cooking water, then drain pasta in a colander.
- ☐ Transfer cabbage mixture to pasta pot along with butter and shredded duck and cook over moderate heat, stirring, until butter is melted and duck is heated through. Stir in pasta, parsley, and pepper until combined. (If pasta looks dry, stir in some of cooking water.) Season with salt and serve cracklings on the side (for sprinkling over pasta).

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:37.33, Inflammation Score:-9, Nutrition Score:32.914347937574%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 745.56kcal (37.28%), Fat: 15.95g (24.54%), Saturated Fat: 5.04g (31.47%), Carbohydrates: 103.8g (34.6%), Net Carbohydrates: 93.49g (34%), Sugar: 10.35g (11.5%), Cholesterol: 107.87mg (35.96%), Sodium: 764.55mg (33.24%), Alcohol: 1.54g (100%), Alcohol %: 0.35% (100%), Protein: 44.46g (88.92%), Vitamin K: 151.99µg (144.75%), Selenium: 92.83µg (132.61%), Vitamin C: 62.26mg (75.47%), Manganese: 1.5mg (74.85%), Vitamin B3: 8.87mg (44.33%), Folate: 174.08µg (43.52%), Fiber: 10.31g (41.22%), Vitamin A: 1959.78IU (39.2%), Phosphorus: 339.22mg (33.92%), Magnesium: 119.13mg (29.78%), Vitamin B6: 0.59mg (29.66%), Copper: 0.52mg (25.78%), Iron: 4.52mg (25.13%), Potassium: 855.9mg (24.45%), Vitamin B1: 0.26mg (17.24%), Zinc: 2.32mg (15.48%), Calcium: 119.37mg (11.94%), Vitamin B2: 0.17mg (10.1%), Vitamin B5: 0.92mg (9.21%), Vitamin E: 0.57mg (3.82%), Vitamin B12: 0.09µg (1.58%)