



Pasta with Slow Roasted Duck Confit

READY IN



25 min.

SERVINGS



4

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound tagliatelle pasta
- ☐ 1 slow-roasted duck legs
- ☐ 4 garlic cloves finely chopped
- ☐ 0.3 teaspoon rosemary fresh chopped
- ☐ 1 tablespoon butter
- ☐ 1 tablespoons duck fat
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings lemon zest

☐ 1 tablespoons juice of lemon

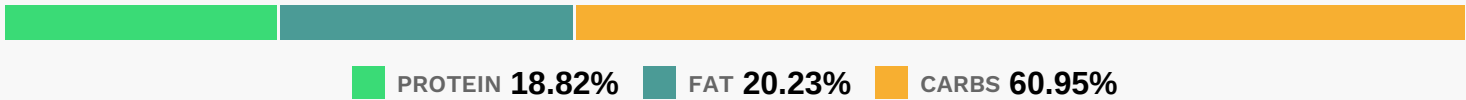
Equipment

- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ a large pot of salted water on to boil for the pasta (4 quarts of water, 2 Tbsp salt).
- ☐ the water is heating, pick all of the meat off the slow-cooked duck legs and reserve the skin. Tear the meat and skin into smallish pieces.
- ☐ a large sauté pan over medium-high heat for 2 minutes.
- ☐ Add the butter and duck fat and the duck meat and skin. Lower the heat to medium.
- ☐ the pasta in the boiling water. Stir it from time to time.
- ☐ the garlic and rosemary (if using) to the sauté pan. Cook for a minute, or until fragrant and just beginning to brown at the edges, then remove from heat.
- ☐ the pasta when it is al dente, or use tongs to take it from the boiling water right into the sauté pan. Return the heat to medium. Toss the pasta in the sauté pan, making sure it is well coated.
- ☐ Add more duck fat if needed.
- ☐ Add some black pepper and 1 tablespoon of the lemon juice and toss again. Taste and add the second tablespoon of lemon juice if you want.
- ☐ Serve immediately with the lemon zest sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:34.33, Inflammation Score:-4, Nutrition Score:14.0926086556%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 573.26kcal (28.66%), Fat: 12.69g (19.52%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 86.03g (28.68%), Net Carbohydrates: 82.28g (29.92%), Sugar: 3.16g (3.51%), Cholesterol: 59.89mg (19.96%), Sodium: 271.12mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.14%), Selenium: 81.55µg (116.5%), Manganese: 1.1mg (55.19%), Vitamin B3: 4.44mg (22.22%), Phosphorus: 220.24mg (22.02%), Copper: 0.34mg (16.95%), Magnesium: 61.36mg (15.34%), Fiber: 3.75g (15%), Iron: 2.44mg (13.55%), Zinc: 1.64mg (10.94%), Vitamin B6: 0.2mg (10.04%), Potassium: 271.34mg (7.75%), Vitamin B1: 0.11mg (7.29%), Folate: 21.41µg (5.35%), Vitamin B5: 0.52mg (5.17%), Vitamin B2: 0.07mg (4.32%), Vitamin C: 3.29mg (3.99%), Calcium: 35.47mg (3.55%), Vitamin E: 0.3mg (2.01%), Vitamin A: 88.79IU (1.78%), Vitamin D: 0.15µg (1.02%)