



Rigatoni with Duck Ragù

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1223 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 canned tomatoes whole crushed peeled canned
- ☐ 0.5 cup duck confit legs with green olives and carrots
- ☐ 1.5 cups duck confit legs with green olives and carrots, olives pitted, vegetables chopped
- ☐ 4 duck confit legs shredded with green olives and carrots, skin peeled off and cut into 1/2-inch squares, meat
- ☐ 3 garlic clove sliced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 1 teaspoon oregano dried

- ☐ 6 servings parmesan cheese grated
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 pound ziti

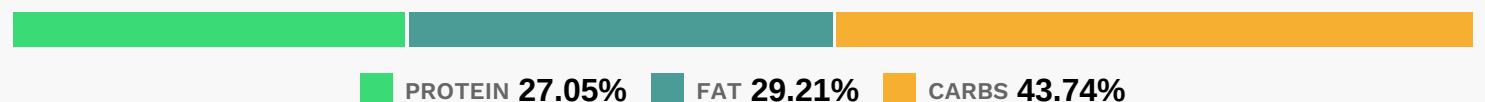
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Heat oil in large deep skillet over medium heat.
- ☐ Add next 4 ingredients. sauté until onion is soft, about 6 minutes.
- ☐ Add tomatoes with juice. Simmer until slightly thickened, about 7 minutes.
- ☐ Add shredded duck, reserved vegetables, and reserved sauce to skillet.
- ☐ Heat through, about 2 minutes. Season with salt and pepper. DO AHEAD Can be made 1 day ahead. Cool slightly. Cover and chill ragù and duck skin separately. Rewarm ragù over medium heat before continuing.
- ☐ Heat large skillet over medium heat.
- ☐ Add duck skin; fry until crisp and most fat renders, stirring often, about 8 minutes.
- ☐ Transfer to paper towels to drain. Cook pasta in large pot of boiling salted water until tender but firm to bite.
- ☐ Drain, reserving 1 cup cooking liquid. Stir pasta into duck mixture, adding pasta cooking water by 1/4 cupfuls if dry. Season with salt and pepper.
- ☐ Transfer to large bowl.
- ☐ Sprinkle cracklings over and serve, passing cheese alongside.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:23.08, Inflammation Score:-10, Nutrition Score:67.213043047034%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

Nutrients (% of daily need)

Calories: 1223.41kcal (61.17%), Fat: 41.18g (63.35%), Saturated Fat: 11.95g (74.7%), Carbohydrates: 138.75g (46.25%), Net Carbohydrates: 116.75g (42.45%), Sugar: 48.22g (53.57%), Cholesterol: 247.1mg (82.37%), Sodium: 3487.84mg (151.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.82g (171.64%), Vitamin C: 182.62mg (221.36%), Selenium: 102.76µg (146.8%), Iron: 23.98mg (133.23%), Vitamin B3: 26.2mg (131%), Vitamin B6: 2.3mg (114.92%), Manganese: 2.25mg (112.69%), Potassium: 3858.57mg (110.24%), Vitamin E: 14.38mg (95.88%), Calcium: 906.11mg (90.61%), Fiber: 22g (88%), Copper: 1.57mg (78.29%), Vitamin B2: 1.21mg (71.24%), Phosphorus: 703.92mg (70.39%), Magnesium: 264.11mg (66.03%), Vitamin B1: 0.95mg (63.23%), Vitamin K: 62.65µg (59.67%), Vitamin A: 2534.31IU (50.69%), Folate: 171.92µg (42.98%), Zinc: 5.1mg (34%), Vitamin B5: 2.71mg (27.14%), Vitamin B12: 0.41µg (6.75%)