

# Rigatoni with Duck Ragù

READY IN

SERVINGS

A5 min.

SIDE DISH

SERVINGS

CALORIES

A1223 kcal

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	
Di	rections	
	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	
PROTEIN 27.05% FAT 29.21% CARBS 43.74%		

## **Properties**

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

### **Flavonoids**

Apigenin: O.2mg, Apigenin: O.2mg, Apigenin: O.2mg, Apigenin: O.2mg Luteolin: O.39mg, Luteolin: O.39mg, Luteolin: O.39mg, Luteolin: O.39mg, Luteolin: O.58mg, Isorhamnetin: O.58m

#### 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 %: O% (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%)