



Skinned Duck Confit with Roasted Cracklings

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup coarse bread crumbs
- 4 boned duck breast halves
- 4 duck legs whole (thighs and drumsticks attached;)
- 2 teaspoons thyme leaves dried fresh
- 1 teaspoon fresh-ground pepper
- 0.3 cup parsley chopped
- 0.3 cup salt
- 0.3 cup sugar

Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Pull and cut skin from duck breasts and legs. Slit leg skin open to lie flat. Put skin in a single layer in a pan about 10 by 15 inches.
- Bake in a 350 oven until skin is crisp and golden, about 1 hour, turning pieces over occasionally.
- Drain skin on towels. Scrape duck fat from pan into a bowl and reserve; wipe pan clean.
- Meanwhile, mix salt and sugar and rub heavily all over breasts and legs. Put duck in a bowl, cover, and chill at least 30 minutes but no longer than 1 hour.
- Discard liquid that forms and rinse duck well under cool running water, massaging to release salt and sugar. Put duck in the 10- by 15-inch pan.
- Sprinkle with thyme and pepper.
- Add 1/4 inch of water to pan. Cover pan tightly with foil.
- Bake in a 325 oven until meat is very tender when pierced, about 1 1/4 hours.
- Meanwhile, in a 10- to 12-inch frying pan over medium-high heat, combine bread crumbs and 2 tablespoons reserved fat from duck skin. Stir until bread is richly toasted.
- Pour into a bowl. Coarsely chop duck skin.
- Transfer cooked duck to a large platter and keep warm. Put duck skin cracklings on a piece of foil and return to oven to heat, about 5 minutes.
- Pour into a small bowl.
- Sprinkle toasted bread crumbs and parsley over duck.
- Add cracklings to portions as desired.
- Roasted cracklings: Nutritional information not available.

Nutrition Facts

PROTEIN 48.07% FAT 35.3% CARBS 16.63%

Properties

Glycemic Index:17.91, Glycemic Load:3.55, Inflammation Score:-5, Nutrition Score:18.831304246317%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 324.46kcal (16.22%), Fat: 12.37g (19.03%), Saturated Fat: 3.37g (21.03%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 12.45g (4.53%), Sugar: 5.68g (6.31%), Cholesterol: 148.27mg (49.42%), Sodium: 3037.06mg (132.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.9g (75.8%), Vitamin B12: 11.79µg (196.5%), Selenium: 35.89µg (51.28%), Vitamin B3: 7.81mg (39.04%), Iron: 6.26mg (34.8%), Vitamin K: 33.84µg (32.23%), Vitamin B1: 0.47mg (31.21%), Vitamin B6: 0.56mg (27.96%), Vitamin B2: 0.32mg (18.82%), Phosphorus: 187.86mg (18.79%), Copper: 0.31mg (15.46%), Vitamin C: 9.94mg (12.05%), Potassium: 280.3mg (8.01%), Vitamin B5: 0.8mg (7.95%), Manganese: 0.14mg (7.12%), Magnesium: 26.59mg (6.65%), Zinc: 0.83mg (5.52%), Folate: 20.23µg (5.06%), Vitamin A: 236.49IU (4.73%), Calcium: 36.44mg (3.64%), Fiber: 0.66g (2.63%)