



# Tagliatelle with Duck Ragù

 **Gluten Free**

READY IN



**4500 min.**

SERVINGS



**4**

CALORIES



**305 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 14 ounce frangelico whole drained chopped canned
- 0.5 cup wine dry red
- 1 pound duck breast meat – skin left on boneless with skin or 2 (7- to 8-ounce) long island (also called pekin) duck breast halves with skin
- 0.5 pound eggs dried
- 1 garlic clove smashed
- 2 cups chicken broth reduced-sodium
- 1 teaspoon olive oil
- 0.5 medium onion chopped

- 1 teaspoon rosemary chopped
- 1 tablespoon butter unsalted

## Equipment

- frying pan
- pot
- blender
- cutting board

## Directions

- Heat butter and oil in a deep 10-inch heavy skillet over medium heat until foam subsides.
- Meanwhile, pat duck dry and sprinkle with 1/4 teaspoon each of salt and pepper.
- Sear duck, skin side down, until golden brown and some of fat has rendered, about 6 minutes. Turn over and cook until browned, about 2 minutes more.
- Transfer duck to a plate, then add onion to fat in skillet with garlic, rosemary, and 1/8 teaspoon salt and cook, stirring occasionally, until onion is softened and golden brown, about 6 minutes.
- Add wine and boil 3 minutes.
- Return duck, skin side up, to skillet, then add any juices from plate, stock, and tomatoes with their juice. Bring to a boil, then gently simmer, covered, 1 hour.
- Transfer duck to a cutting board, then skim off about three fourths of fat from sauce and discard.
- Purée sauce in batches in a blender (use caution when blending hot liquids). Return sauce to skillet and boil, stirring occasionally, until reduced to about 2 1/2 cups, about 8 minutes.
- While sauce reduces, finely chop duck with skin.
- Return chopped duck to sauce and season with salt and pepper.
- Cook tagliatelle in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente, then drain pasta and toss with duck ragú.
- Duck ragú; can be made 1 day ahead and chilled, covered (once cool).

## Nutrition Facts



■ PROTEIN 46.18% ■ FAT 47.86% ■ CARBS 5.96%

## Properties

Glycemic Index:31.75, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:21.453913004502%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 304.97kcal (15.25%), Fat: 14.84g (22.83%), Saturated Fat: 5.4g (33.78%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.89g (1.42%), Sugar: 0.96g (1.06%), Cholesterol: 305.76mg (101.92%), Sodium: 181.64mg (7.9%), Alcohol: 3.15g (100%), Alcohol %: 0.92% (100%), Protein: 32.21g (64.42%), Vitamin B12: 15.37µg (256.17%), Selenium: 40.3µg (57.57%), Vitamin B6: 0.81mg (40.75%), Vitamin B2: 0.64mg (37.68%), Phosphorus: 364.58mg (36.46%), Iron: 6.4mg (35.55%), Vitamin B1: 0.48mg (32.29%), Vitamin B3: 5.54mg (27.69%), Copper: 0.45mg (22.48%), Vitamin B5: 1.8mg (18.02%), Potassium: 507.8mg (14.51%), Zinc: 1.68mg (11.19%), Vitamin C: 8.3mg (10.06%), Vitamin A: 454.87IU (9.1%), Folate: 36.27µg (9.07%), Magnesium: 34.62mg (8.65%), Vitamin D: 1.19µg (7.91%), Vitamin E: 0.82mg (5.49%), Calcium: 45.56mg (4.56%), Manganese: 0.05mg (2.34%), Fiber: 0.26g (1.04%), Vitamin K: 1.08µg (1.03%)