



## White Bean Soup with Duck Confit

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 rib celery stalks finely chopped
- 2 medium onion finely chopped
- 2.5 cups .5 can cannellini beans dried white picked over rinsed
- 8 cups water
- 2 large carrots finely chopped
- 4 large garlic clove finely chopped
- 4 duck confit legs at room temperature
- 2 turkish bay leaf

- 15 ounce canned tomatoes diced drained canned
- 0.5 cup flat parsley chopped
- 5 cups chicken broth reduced-sodium
- 2 large thyme sprigs
- 0.3 cup cognac
- 3 tablespoons olive oil extra virgin extra-virgin
- 2 cloves whole

## Equipment

- frying pan
- sauce pan
- pot
- blender

## Directions

- Quick-soak beans by putting them in cold water to cover by
- inches in a large pot. Bring to a boil, then boil 1 minute.
- Remove from heat and cover, then soak 1 hour.
- Drain, discarding liquid.
- Remove skin and bones from duck legs, reserving both, then coarsely shred meat.
- Heat oil in a large heavy pot over medium heat until it shimmers, then cook reserved bones, onions, carrots, celery, garlic, bay leaves, thyme, and cloves, stirring occasionally, until vegetables are softened, about 8 minutes.
- Add drained beans, broth, water, and tomatoes and simmer, partially covered, stirring and skimming froth occasionally, until beans are tender, about 50 minutes.
- Meanwhile, thinly slice reserved skin, then lightly season with
- salt and pepper. Cook in a dry medium nonstick skillet over low heat, stirring to separate, until fat is rendered and skin is crisp, 6 to
- minutes.
- Discard bay leaves, bones, and thyme from soup.

- Transfer 2 cups solids and 1 cup liquid from soup to a blender and blend until smooth (use caution when blending hot liquids), then return to soup. Stir in 2 teaspoons salt and 1/2 teaspoon pepper and keep warm, covered.
- Heat Armagnac in a small saucepan over low heat just until warm, then carefully ignite with a kitchen match (use caution; flames will shoot up). When flames subside, stir Armagnac into soup along with meat, parsley, and salt and pepper to taste.
- Serve sprinkled with crisp skin.
- If you have time, beans can be soaked in cold water to cover by 2 inches, chilled, overnight (at least 8 hours).

## Nutrition Facts



### Properties

Glycemic Index:44.31, Glycemic Load:3.22, Inflammation Score:-10, Nutrition Score:21.323043315307%

### Flavonoids

Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

### Nutrients (% of daily need)

Calories: 480.03kcal (24%), Fat: 21.65g (33.31%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 19.24g (7%), Sugar: 6.13g (6.82%), Cholesterol: 131.1mg (43.7%), Sodium: 477.11mg (20.74%), Alcohol: 4.45g (100%), Alcohol %: 0.66% (100%), Protein: 40.95g (81.9%), Vitamin A: 4603.43IU (92.07%), Vitamin K: 93.51µg (89.06%), Vitamin B3: 10.56mg (52.82%), Selenium: 26µg (37.14%), Iron: 5.96mg (33.09%), Fiber: 6.5g (26.02%), Vitamin C: 20.21mg (24.49%), Copper: 0.32mg (16.21%), Potassium: 546.94mg (15.63%), Manganese: 0.3mg (15.2%), Vitamin E: 2.11mg (14.04%), Calcium: 126.8mg (12.68%), Vitamin B6: 0.23mg (11.74%), Phosphorus: 107.75mg (10.77%), Vitamin B2: 0.13mg (7.61%), Magnesium: 29.63mg (7.41%), Folate: 28.75µg (7.19%), Vitamin B1: 0.1mg (6.35%), Zinc: 0.63mg (4.21%), Vitamin B5: 0.34mg (3.42%), Vitamin B12: 0.2µg (3.28%)