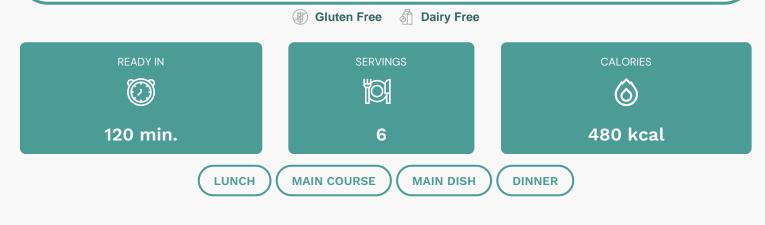


# White Bean Soup with Duck Confit



## **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
Eq	uipment
	frying pan
	sauce pan
	pot
	blender
Di	rections
	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.

Nutrition Facts
If you have time, beans can be soaked in cold water to cover by 2 inches, chilled, overnight (at least 8 hours).
Serve sprinkled with crisp skin.
will shoot up). When flames subside, stir Armagnac into soup along with meat, parsley, and salt and pepper to taste.
Heat Armagnac in a small saucepan over low heat just until warm, then carefully ignite with a kitchen match (use caution; flames
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.

PROTEIN 35.48% FAT 42.21% CARBS 22.31%

#### **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, Luteolin: 0.25mg Isorhamnetin: 1.84mg, Isorhamnetin: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 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%)