



## Beer Basted Rabbit

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 fluid ounce beer canned
- 2 tablespoons garlic salt
- 3 pounds rabbit meat

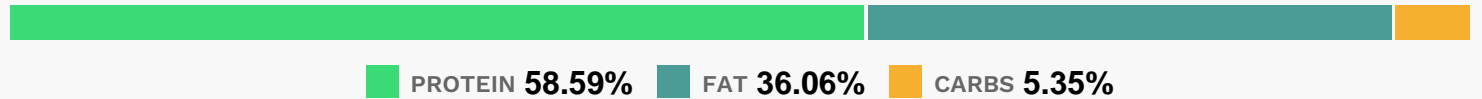
### Equipment

- bowl
- grill

## Directions

- Preheat grill to medium high and lightly oil grate.
- Place rabbit meat on heated grill and season with garlic salt.
- Pour beer into a medium bowl.
- Let meat cook 15 minutes, then start basting with beer every 10 minutes until done, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:1.7, Inflammation Score:-5, Nutrition Score:23.379565052364%

## Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallicocatechin: 0.09mg, Gallicocatechin: 0.09mg, Gallicocatechin: 0.09mg, Gallicocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 359.3kcal (17.97%), Fat: 12.59g (19.36%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0g (0%), Cholesterol: 129.27mg (43.09%), Sodium: 2423.2mg (105.36%), Alcohol: 4.61g (100%), Alcohol %: 1.67% (100%), Protein: 46.02g (92.03%), Vitamin B12: 16.26µg (271.04%), Vitamin B3: 17.09mg (85.47%), Selenium: 54.47µg (77.81%), Vitamin B6: 1.19mg (59.42%), Phosphorus: 499.64mg (49.96%), Zinc: 3.58mg (23.86%), Potassium: 780.84mg (22.31%), Vitamin B2: 0.37mg (21.75%), Iron: 3.6mg (20.02%), Vitamin B5: 1.86mg (18.63%), Copper: 0.34mg (16.83%), Vitamin B1: 0.23mg (15.51%), Magnesium: 50.25mg (12.56%), Folate: 25.24µg (6.31%), Manganese: 0.07mg (3.72%), Calcium: 35.65mg (3.57%)