



Braised Rabbit

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds dressed rabbit cut into serving-size pieces
- 0.3 cup olive oil
- 1 large onion halved thinly sliced
- 4 garlic clove minced
- 2 cups chicken broth
- 1.5 teaspoons thyme dried
- 0.3 teaspoon pepper
- 1 bay leaves

- 0.3 cup flour all-purpose
- 0.3 cup juice of lemon
- 5 tablespoons water cold

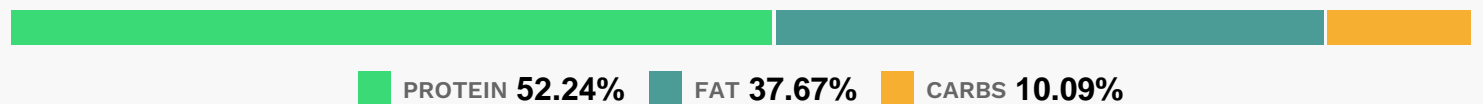
Equipment

- frying pan
- kitchen thermometer

Directions

- In a large skillet over medium heat, cook rabbit in oil until lightly browned; remove and keep warm. In the same skillet, saute onion until tender.
- Add garlic; cook 1 minute longer. Stir in the broth, thyme, pepper and bay leaf.
- Return rabbit to pan. Bring to a boil. Reduce heat; cover and simmer for 30–45 minutes or until meat is tender and a thermometer reads 160°.
- Remove rabbit to a serving platter. Discard bay leaf.
- Combine the flour, lemon juice and water until smooth; stir into pan juice. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Serve with rabbit.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:5.38, Inflammation Score:-6, Nutrition Score:18.826521781476%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 502.26kcal (25.11%), Fat: 20.52g (31.57%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 11.23g (4.08%), Sugar: 2.54g (2.82%), Cholesterol: 231.98mg (77.33%), Sodium: 581.44mg (25.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.04g (128.08%), Vitamin B3: 19.24mg (96.22%), Phosphorus: 671.5mg (67.15%), Iron: 10.22mg (56.78%), Selenium: 30.42µg (43.46%), Potassium: 1188.59mg (33.96%), Magnesium: 91.78mg (22.94%), Vitamin B2: 0.3mg (17.39%), Vitamin K: 14.99µg (14.27%), Vitamin E: 2.06mg (13.72%), Vitamin B1: 0.2mg (13.33%), Manganese: 0.26mg (12.76%), Vitamin C: 9.81mg (11.89%), Folate: 25.66µg (6.41%), Calcium: 63.41mg (6.34%), Vitamin B6: 0.1mg (4.78%), Fiber: 1.13g (4.54%), Copper: 0.06mg (3.15%), Zinc: 0.27mg (1.8%), Vitamin B5: 0.13mg (1.31%)