



Braised Rabbit with Egg Noodles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups canned tomatoes canned crushed (from a 28-oz can)
- ☐ 1 stick cinnamon (3- to 4-inch)
- ☐ 0.5 cup cooking wine dry red
- ☐ 8 ounces egg fettuccine dried
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 medium onions halved lengthwise cut lengthwise into 1/4-inch slices
- ☐ 2 inch orange zest fresh
- ☐ 2.5 pound rabbit cut into 8 serving pieces
- ☐ 1 teaspoon salt
- ☐ 2 turkish bay leaf
- ☐ 0.5 cup water

Equipment

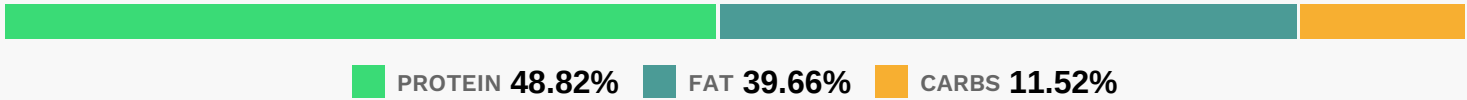
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ stove
- ☐ colander

Directions

- ☐ Preheat oven to 350°F.
- ☐ Pat rabbit pieces dry and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat 2 tablespoons oil in skillet over moderately high heat until hot but not smoking, then brown rabbit in 2 batches, turning over once, about 6 minutes per batch.
- ☐ Transfer as browned to a plate.
- ☐ Reduce heat to moderate and cook onions, garlic, zest, cinnamon stick, and bay leaves in remaining 2 tablespoons oil, stirring frequently, until onions are beginning to brown, 4 to 5 minutes.
- ☐ Add wine and deglaze skillet by boiling, stirring and scraping up any brown bits, until wine is reduced by about half, about 2 minutes. Stir in tomatoes, water, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Nestle rabbit pieces in sauce and bring to a simmer.
- ☐ Cover skillet tightly with lid or heavy-duty foil, then braise in middle of oven 30 minutes. Turn rabbit over and continue to braise, covered, until rabbit is tender, 25 to 30 minutes more.
- ☐ While rabbit is braising, cook pasta in a large pot of until al dente.

- ☐
- Drain pasta well in a colander and transfer to a large platter. Discard zest, cinnamon stick, and bay leaf from sauce. Arrange rabbit over pasta, then spoon sauce over top and sprinkle with parsley.
- ☐
- Rabbit can be braised 1 day ahead and cooled, uncovered, then chilled, covered. Reheat on top of stove until hot.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:3.81, Inflammation Score:-7, Nutrition Score:29.068261042885%

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 Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg

Nutrients (% of daily need)

Calories: 616kcal (30.8%), Fat: 25.9g (39.85%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 12.95g (4.71%), Sugar: 7.91g (8.79%), Cholesterol: 440.55mg (146.85%), Sodium: 968.3mg (42.1%), Alcohol: 3.15g (100%), Alcohol %: 0.67% (100%), Protein: 71.74g (143.47%), Vitamin B3: 20.06mg (100.31%), Phosphorus: 811.79mg (81.18%), Iron: 12.05mg (66.94%), Selenium: 45.33µg (64.75%), Potassium: 1606.55mg (45.9%), Vitamin K: 32.04µg (30.51%), Magnesium: 121.2mg (30.3%), Vitamin B2: 0.51mg (30.1%), Vitamin E: 4.1mg (27.32%), Manganese: 0.53mg (26.26%), Vitamin C: 18.78mg (22.77%), Vitamin B6: 0.37mg (18.43%), Fiber: 3.97g (15.9%), Vitamin B1: 0.23mg (15.31%), Copper: 0.3mg (15.13%), Calcium: 137.37mg (13.74%), Folate: 54.96µg (13.74%), Vitamin A: 664.17IU (13.28%), Vitamin B5: 1.3mg (12.99%), Vitamin B12: 0.5µg (8.41%), Zinc: 1.21mg (8.05%), Vitamin D: 1.13µg (7.56%)