



Braised Rabbit with Olives



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 bell peppers sliced
- ☐ 0.3 cup capers drained
- ☐ 2 celery stalks thinly sliced
- ☐ 3 large garlic cloves chopped
- ☐ 1.3 cups brine-cured sicilian olives green pitted sliced
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 4 servings parsley sprigs fresh italian

- ☐ 2.5 pound rabbit cut into 8 pieces
- ☐ 1 large onion red thinly sliced
- ☐ 3 thyme sprigs fresh
- ☐ 2 large tomatoes chopped
- ☐ 0.3 cup water ()
- ☐ 1 pound white-skinned potatoes peeled cut into 1-inch cubes

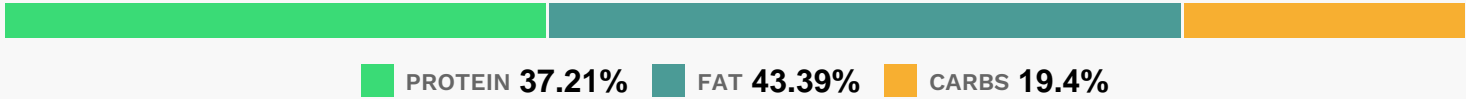
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Rinse rabbit and pat dry; sprinkle with salt and pepper.
- ☐ Heat 4 tablespoons oil in heavy large pot over medium-high heat. Working in batches, add rabbit to pot and brown, turning often, about 8 minutes per batch.
- ☐ Transfer rabbit to bowl. Reduce heat to medium.
- ☐ Add remaining 2 tablespoons oil to pot.
- ☐ Add onion; sauté 5 minutes.
- ☐ Mix in potatoes, bell peppers, tomatoes, olives, celery, capers, garlic, and thyme; cook 5 minutes.
- ☐ Mix in vinegar and 1/4 cup water.
- ☐ Add rabbit. Cover, reduce heat to medium-low and simmer 10 minutes. Spoon some of vegetable mixture over rabbit. Cover and simmer until rabbit is tender, stirring occasionally and adding more water by 1/4 cupfuls if mixture is dry, about 30 minutes. Season with salt and pepper. Spoon vegetables into large dish. Top with rabbit.
- ☐ Garnish with parsley and serve warm.

Nutrition Facts



Properties

Glycemic Index:89.94, Glycemic Load:17.47, Inflammation Score:-10, Nutrition Score:38.979130516882%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 20.41mg, Kaempferol: 20.41mg, Kaempferol: 20.41mg, Kaempferol: 20.41mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 32.33mg, Quercetin: 32.33mg, Quercetin: 32.33mg, Quercetin: 32.33mg

Nutrients (% of daily need)

Calories: 720.22kcal (36.01%), Fat: 34.8g (53.53%), Saturated Fat: 5.88g (36.72%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 26.91g (9.79%), Sugar: 8.62g (9.58%), Cholesterol: 229.63mg (76.54%), Sodium: 1225.91mg (53.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.15g (134.29%), Vitamin C: 158.99mg (192.72%), Vitamin B3: 21.35mg (106.76%), Vitamin K: 96.87µg (92.26%), Vitamin A: 4122.96IU (82.46%), Phosphorus: 769.73mg (76.97%), Iron: 11.66mg (64.79%), Potassium: 2068.77mg (59.11%), Vitamin E: 6.72mg (44.77%), Selenium: 28.12µg (40.17%), Vitamin B6: 0.75mg (37.6%), Magnesium: 146.1mg (36.52%), Fiber: 8.1g (32.41%), Manganese: 0.52mg (26.01%), Folate: 89.9µg (22.47%), Vitamin B2: 0.34mg (20.07%), Vitamin B1: 0.29mg (19.37%), Copper: 0.33mg (16.42%), Calcium: 112.2mg (11.22%), Vitamin B5: 0.78mg (7.84%), Zinc: 0.91mg (6.06%)