



Braised Rabbit with Parsnips

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 teaspoons garlic clove minced
- 4 servings pepper black freshly ground
- 6 cups chicken stock low sodium homemade store-bought
- 1.5 cups onion finely chopped
- 1 pound parsnips peeled cut into pieces (see note)
- 3 pounds chicken legs whole skinless cut into pieces (or 3 pounds chicken legs)
- 8 sprigs thyme leaves divided

- 5 tablespoons vegetable oil divided

Equipment

- frying pan
- baking sheet
- oven
- baking pan
- stove
- dutch oven

Directions

- Adjust oven rack to middle position and preheat to 325°F. Season rabbit (or chicken legs) generously with salt and pepper.
- Heat 3 tablespoons vegetable oil in a dutch oven or braising dish over medium-high heat until shimmering.
- Add meat and cook until browned on all sides, about 8 minutes total (cook in batches if meat does not fit in a single layer).
- Remove from pan and reserve.
- Add onion, garlic, and 4 sprigs thyme. Scrape brown bits off the bottom of the pan. Cook, stirring often, until the onion are translucent.
- Place meat back in the pan, then add bay leaves and stock. Bring to a simmer then place in the oven and cook until the meat is tender, about 45 minutes.
- Remove from oven and increase oven temperature to 425°F.
- Pick leaves off of remaining thyme. Toss the parsnips with remaining two tablespoons vegetable oil and thyme. Season with salt and pepper.
- Transfer to a baking dish or rimmed baking sheet and roast until well browned, about 25 minutes.
- Meanwhile, remove the meat from the braising liquid, then place braising dish on the stove over medium high heat. Simmer until the liquid is reduced by half, about 20 minutes. Strain out the aromatics and season to taste with salt and pepper.
- Remove the meat from the bones and moisten with a few spoonfuls of reduced liquid.

Serve meat with parsnips and remaining braising liquid passed tableside.

Nutrition Facts

PROTEIN 33.13% **FAT 44.52%** **CARBS 22.35%**

Properties

Glycemic Index:46.5, Glycemic Load:9.2, Inflammation Score:-9, Nutrition Score:31.018260551536%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.33mg, Quercetin: 13.33mg, Quercetin: 13.33mg, Quercetin: 13.33mg

Nutrients (% of daily need)

Calories: 553.32kcal (27.67%), Fat: 27.76g (42.7%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 24.41g (8.88%), Sugar: 8.46g (9.4%), Cholesterol: 176.46mg (58.82%), Sodium: 306.56mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.47g (92.95%), Vitamin B3: 16.58mg (82.89%), Selenium: 43.28µg (61.83%), Vitamin K: 62.64µg (59.65%), Phosphorus: 557.78mg (55.78%), Vitamin B6: 1.02mg (51.17%), Manganese: 0.82mg (41.08%), Potassium: 1298.58mg (37.1%), Vitamin C: 27.41mg (33.23%), Vitamin B2: 0.54mg (31.63%), Zinc: 4.59mg (30.63%), Vitamin B5: 3.04mg (30.41%), Fiber: 6.93g (27.71%), Vitamin B12: 1.46µg (24.32%), Folate: 96.19µg (24.05%), Copper: 0.47mg (23.67%), Vitamin E: 3.44mg (22.96%), Magnesium: 90.83mg (22.71%), Vitamin B1: 0.3mg (20.16%), Iron: 3.46mg (19.22%), Calcium: 99.85mg (9.98%), Vitamin A: 162.05IU (3.24%)