



Hasenpfeffer

READY IN



40 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion sliced
- 3 cups vinegar white
- 3 cups water
- 1 tablespoon pickling spices
- 2 teaspoons salt
- 0.5 teaspoon pepper
- 2 bay leaves
- 8 cloves whole
- 2.5 pound dressed rabbit cut into serving-size pieces

- 0.3 cup flour all-purpose
- 2 tablespoons butter
- 1 cup cream sour

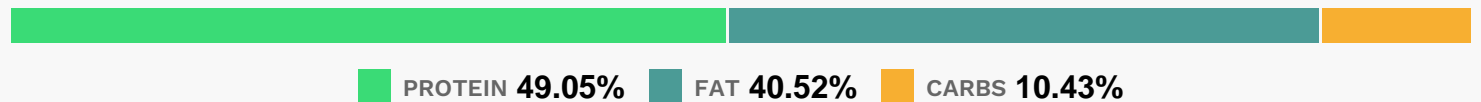
Equipment

- bowl
- frying pan

Directions

- In a large nonmetallic bowl, combine onion, vinegar, water and seasonings.
- Add rabbit pieces; cover and refrigerate for 48 hours, turning occasionally.
- Remove meat; strain and reserve marinade. Dry meat well; coat lightly with flour. In a large skillet, melt butter; brown meat well. Gradually add 2 to 2-1/2 cups reserved marinade. Cover and bring to a boil. Reduce heat and simmer until tender, about 30 minutes.
- Remove meat to a warm platter.
- Add sour cream to pan juices; stir just until heated through. Spoon over rabbit.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.51, Inflammation Score:-5, Nutrition Score:13.004347796025%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 380.61kcal (19.03%), Fat: 15.81g (24.33%), Saturated Fat: 7.63g (47.7%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.24g (3%), Sugar: 2.44g (2.71%), Cholesterol: 185.74mg (61.91%), Sodium: 922.67mg (40.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.07g (86.13%), Vitamin B3: 12.69mg (63.47%), Phosphorus: 477.07mg (47.71%), Iron: 6.55mg (36.37%), Selenium: 21.82µg (31.17%), Potassium: 823.78mg (23.54%), Manganese: 0.36mg (17.89%), Magnesium: 67.23mg (16.81%), Vitamin B2: 0.21mg (12.56%), Calcium: 90.04mg (9%), Vitamin B1:

0.12mg (7.91%), Vitamin A: 364.74IU (7.29%), Folate: 17.24µg (4.31%), Fiber: 0.92g (3.69%), Vitamin C: 2.6mg (3.16%), Copper: 0.06mg (3.01%), Vitamin B6: 0.05mg (2.62%), Vitamin E: 0.29mg (1.92%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.26mg (1.7%), Vitamin K: 1.67µg (1.59%), Vitamin B12: 0.09µg (1.47%)