



Lickin' Good Rabbit

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.1 teaspoon tarragon dried
- 3 onions peeled sliced into rings
- 2 pound rabbit cleaned cut into pieces
- 4 servings salt and pepper to taste
- 1 cup cup heavy whipping cream sour
- 1 cup vinegar
- 1 pint water

Equipment

- bowl
- frying pan
- sauce pan
- baking pan

Directions

- Place rabbit in a glass bowl or baking dish. Cover with water, vinegar and onions, and season with salt, pepper, tarragon and cloves.
- Let stand for 24 hours or at least overnight.
- Melt butter in a heavy saucepan over medium-high heat.
- Add rabbit pieces and brown them on all sides. Reduce heat to medium and pour in enough of the marinade to cover the bottom of the pan.
- Add more marinade as needed. Cover pan and simmer for 20 to 25 minutes, or until meat is tender and the juices run clear.
- Remove meat to a deep platter, and stir the sour cream into the juices in the pan. Cook over high heat, stirring constantly until gravy is thick and smooth.
- Pour over meat and serve immediately.

Nutrition Facts

 **PROTEIN 48.97%**  **FAT 41.17%**  **CARBS 9.86%**

Properties

Glycemic Index:49.25, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:15.205217366633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

Nutrients (% of daily need)

Calories: 442.15kcal (22.11%), Fat: 19.34g (29.76%), Saturated Fat: 9.21g (57.55%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 9.02g (3.28%), Sugar: 5.49g (6.1%), Cholesterol: 225.15mg (75.05%), Sodium: 358.05mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.77g (103.55%), Vitamin B3: 14.9mg (74.49%), Phosphorus: 583.77mg (58.38%), Iron: 7.51mg (41.74%), Selenium: 24.22µg (34.59%), Potassium: 1053.66mg (30.1%), Magnesium: 81.88mg (20.47%), Vitamin B2: 0.26mg (15.12%), Calcium: 113.31mg (11.33%), Vitamin A: 449.96IU (9%), Vitamin C: 6.65mg (8.07%), Vitamin B1: 0.12mg (7.85%), Manganese: 0.15mg (7.66%), Vitamin B6: 0.12mg (6.21%), Fiber: 1.41g (5.63%), Folate: 19.4µg (4.85%), Copper: 0.07mg (3.29%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.35mg (2.36%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.13µg (2.11%), Vitamin K: 1.44µg (1.37%)