



54%  
HEALTH SCORE

## Maltese Rabbit Stew

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

READY IN



110 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 1 cube beef bouillon from cube
- 2 carrots chopped
- 3 cloves garlic chopped
- 0.3 teaspoon ground nutmeg
- 0.3 cup oil
- 1 large onion chopped
- 0.5 cup peas

- 4 large potatoes peeled quartered
- 3 pound rabbit cleaned cut into pieces
- 0.5 cup red wine
- 4 servings salt and pepper to taste
- 2 tablespoons tomato paste
- 0.3 teaspoon sugar white

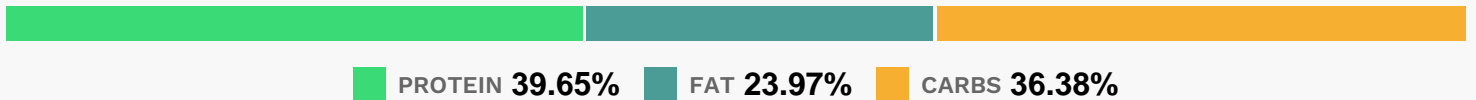
## Equipment

- sauce pan

## Directions

- Heat the oil in a large saucepan over medium heat; cook the rabbit, onion and garlic in the hot oil until the garlic and onion are fragrant and the rabbit is brown. Stir in the wine, bay leaf, beef bouillon, nutmeg, tomato paste, and sugar; season with salt and pepper.
- Add the potatoes, carrots, and peas.
- Pour enough water over everything until covered. Bring stew to a boil; reduce heat to low and allow to simmer until the potatoes are completely cooked through, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:108, Glycemic Load:50.69, Inflammation Score:-10, Nutrition Score:43.704782683321%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 875.08kcal (43.75%), Fat: 22.51g (34.63%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 76.87g (25.62%), Net Carbohydrates: 65.82g (23.93%), Sugar: 8.41g (9.34%), Cholesterol: 275.56mg (91.85%), Sodium: 478.01mg (20.78%), Alcohol: 3.18g (100%), Alcohol %: 0.47% (100%), Protein: 83.79g (167.58%), Vitamin B3: 27.06mg (135.31%), Vitamin A: 5366.59IU (107.33%), Vitamin C: 86.99mg (105.44%), Phosphorus: 1037.7mg (103.77%), Potassium: 3165.4mg (90.44%), Iron: 14.63mg (81.3%), Vitamin B6: 1.27mg (63.46%), Magnesium: 204.72mg (51.18%), Selenium: 34.44µg (49.21%), Fiber: 11.05g (44.2%), Manganese: 0.84mg (41.93%), Vitamin B1: 0.49mg (32.94%), Vitamin K: 26.73µg (25.46%), Copper: 0.5mg (24.98%), Vitamin B2: 0.4mg (23.43%), Folate: 85.23µg (21.31%), Vitamin E: 3.07mg (20.43%), Vitamin B5: 1.27mg (12.74%), Calcium: 118.3mg (11.83%), Zinc: 1.55mg (10.36%)