

Marinated Rabbit Stew

 Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup pickling spice
- 3 tablespoons rendered bacon fat
- 2 carrots peeled sliced
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground pepper black
- 1 onion sliced
- 2 pound rabbit cleaned cut into pieces
- 3 cups red wine vinegar

- 1 teaspoon salt
- 3 cups water
- 0.5 cup sugar white

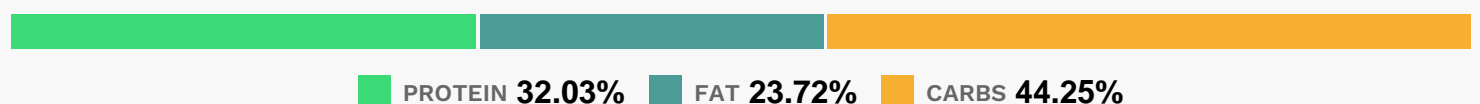
Equipment

- bowl
- dutch oven
- gravy boat

Directions

- Put rabbit into a deep bowl and cover with a mixture of the vinegar, water, sugar, onion, carrots, 1 tablespoon salt, pickling spices, and 1/4 teaspoon pepper. Cover and refrigerate 2 to 3 days to marinate, turning pieces frequently.
- Drain rabbit; strain and reserve marinade. Dry rabbit with absorbent paper. Coat pieces with a mixture of 1/3 cup flour, 1 teaspoon salt, and 1/4 teaspoon pepper.
- Heat the fat in a Dutch oven or saucepot.
- Add the rabbit and brown slowly on all sides.
- Add 2 cups of the marinade. Cover and cook slowly about 45 minutes, or until meat is tender.
- Thoroughly blend 1/2 up of the reserved marinade and the 1/4 cup of flour. Slowly pour on half of the mixture into cooking liquid, stirring constantly. Bring to boiling. Gradually add only what is needed of remaining mixture for consistency desired. Bring to boiling after each addition. Finally, cook 3 to 5 minutes.
- Arrange rabbit on serving platter.
- Pour some of the gravy over the rabbit and serving remaining gravy in a gravy boat.

Nutrition Facts



Properties

Glycemic Index:42.65, Glycemic Load:16.07, Inflammation Score:-10, Nutrition Score:38.726521590482%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 461.36kcal (23.07%), Fat: 12.33g (18.98%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 33.99g (12.36%), Sugar: 20g (22.22%), Cholesterol: 129.12mg (43.04%), Sodium: 514.06mg (22.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.96%), Vitamin K: 248.05µg (236.24%), Iron: 20.25mg (112.49%), Manganese: 2.12mg (106.16%), Vitamin A: 4068.44IU (81.37%), Fiber: 17.8g (71.2%), Calcium: 671.06mg (67.11%), Vitamin B3: 12.19mg (60.94%), Vitamin E: 7.38mg (49.23%), Phosphorus: 427.81mg (42.78%), Magnesium: 161.85mg (40.46%), Potassium: 1213.89mg (34.68%), Folate: 110.34µg (27.59%), Selenium: 17.97µg (25.67%), Vitamin B6: 0.46mg (23.21%), Vitamin B2: 0.34mg (20.28%), Copper: 0.31mg (15.34%), Vitamin B1: 0.18mg (11.87%), Zinc: 1.24mg (8.24%), Vitamin C: 4.06mg (4.92%), Vitamin B5: 0.47mg (4.65%), Vitamin D: 0.17µg (1.17%)