



Panko- and Mustard-Crusted Rabbit

READY IN



45 min.

SERVINGS



8

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup dijon mustard
- ☐ 0.3 cup thyme sprigs fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups panko bread crumbs (Japanese bread crumbs)
- ☐ 5 pound dressed rabbit dry rinsed cut into 8 serving pieces, , and patted
- ☐ 0.5 cup butter unsalted melted

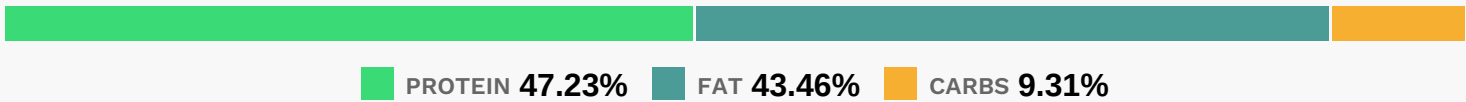
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pastry brush

Directions

- ☐ Preheat oven to 500°F. In medium bowl, whisk together butter and mustard. In large bowl, toss together panko and thyme.
- ☐ Season rabbit pieces with salt and pepper. Using pastry brush, brush 1 piece generously with mustard mixture, then dip in panko mixture and toss to coat.
- ☐ Transfer to large rimmed baking sheet. Repeat with remaining pieces, using 2 baking sheets.
- ☐ Drizzle pieces with olive oil.
- ☐ Bake 15 minutes, then reduce heat to 350°F.
- ☐ Bake until crust is golden and juices run clear when meat is pricked with fork, about 10 minutes more.
- ☐ Although rabbit is frequently compared to chicken in terms of cooking methods and times, be careful not to overcook it. Unlike chicken, perfectly cooked rabbit meat should still be very slightly pink near the bone.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.18, Inflammation Score:-9, Nutrition Score:20.020434809768%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg

Nutrients (% of daily need)

Calories: 564.55kcal (28.23%), Fat: 26.71g (41.09%), Saturated Fat: 10.44g (65.27%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 10.64g (3.87%), Sugar: 1.38g (1.53%), Cholesterol: 260.13mg (86.71%), Sodium: 886.45mg (38.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.31g (130.62%), Vitamin B3: 19.63mg (98.15%), Phosphorus: 704.16mg (70.42%), Iron: 10.59mg (58.84%), Selenium: 41.16µg (58.8%), Potassium: 1161.46mg (33.18%), Magnesium: 106.36mg (26.59%), Vitamin B1: 0.29mg (19.36%), Vitamin B2: 0.26mg (15.46%), Manganese: 0.31mg (15.45%), Vitamin E: 1.42mg (9.49%), Calcium: 90.98mg (9.1%), Fiber: 2.24g (8.97%), Vitamin A: 444.14IU (8.88%), Vitamin K: 6.72µg (6.4%), Folate: 19.31µg (4.83%), Copper: 0.07mg (3.66%), Zinc: 0.46mg (3.05%), Vitamin C: 2.38mg (2.88%), Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.2mg (1.99%), Vitamin D: 0.21µg (1.42%), Vitamin B12: 0.08µg (1.28%)