



Rabbit Cooked Like a Tuscan Pig: Coniglio in Porchetta

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 servings coarse salt
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup fat back
- ☐ 0.5 bulb fennel diced cored
- ☐ 2 cloves garlic minced
- ☐ 2 links sausage italian

- ☐ 1 juice of lemon juiced
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 4.5 pound rabbit for you.

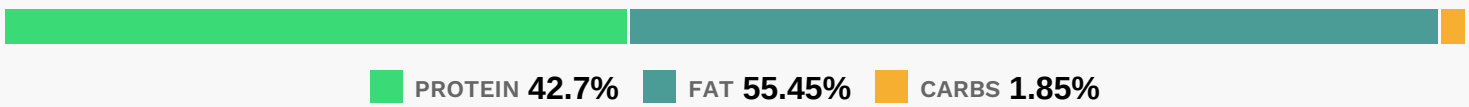
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Season the inside and outside of the rabbit with pepper, and set aside.
- ☐ In a 12 to 14-inch saute pan heat 4 tablespoons of the lardo until smoking.
- ☐ Add the fennel and the garlic and cook over medium heat until softened and light brown, about 5 to 6 minutes.
- ☐ Add the sausage and cook until just cooked, about 6 to 8 more minutes.
- ☐ Remove from heat and allow to cool.
- ☐ Stuff the rabbit cavity with the fennel, garlic, and the remaining lardo, cut into 1/8-inch dice. Truss the rabbit to seal the openings and place in a casserole. Baste with the wine and lemon juice, and sprinkle with the coarse salt.
- ☐ Cook in the oven for 1 hour, turning once after 30 minutes of cooking, and occasionally basting with the pan juices.
- ☐ Remove from the oven, allow to sit 5 minutes.
- ☐ Serve in 1/2-inch slices with pan juices emulsified with extra virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:21.604782542457%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 795.28kcal (39.76%), Fat: 46.06g (70.87%), Saturated Fat: 14.56g (91.01%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.29g (1.43%), Cholesterol: 320.16mg (106.72%), Sodium: 649.36mg (28.23%), Alcohol: 4.12g (100%), Alcohol %: 1.11% (100%), Protein: 79.81g (159.62%), Vitamin B3: 23.51mg (117.53%), Phosphorus: 840.89mg (84.09%), Iron: 11.66mg (64.79%), Selenium: 41.6µg (59.43%), Potassium: 1500.14mg (42.86%), Magnesium: 111.92mg (27.98%), Vitamin B1: 0.32mg (21.42%), Vitamin K: 18.21µg (17.34%), Vitamin B2: 0.28mg (16.54%), Vitamin E: 1.57mg (10.46%), Vitamin B6: 0.16mg (7.81%), Manganese: 0.14mg (6.81%), Vitamin C: 5.33mg (6.47%), Calcium: 63.46mg (6.35%), Vitamin B12: 0.34µg (5.66%), Zinc: 0.79mg (5.27%), Vitamin D: 0.43µg (2.85%), Vitamin B5: 0.27mg (2.68%), Fiber: 0.67g (2.66%), Copper: 0.05mg (2.48%), Folate: 9.7µg (2.42%)