



Rabbit étouffée with Baked Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bacon chopped
- ☐ 2 bay leaves
- ☐ 1 tablespoon butter
- ☐ 2 cups canned tomatoes with added puree canned crushed
- ☐ 2 carrots peeled chopped
- ☐ 2 celery stalks chopped
- ☐ 6 servings cheese
- ☐ 2 cups wine dry red

- ☐ 6 garlic clove chopped
- ☐ 3 cups chicken broth
- ☐ 3 pound strips. frozen thawed cut into 8 pieces, or 3 1/2 pounds chicken thighs
- ☐ 1 large onion red chopped
- ☐ 6 large thyme sprigs fresh

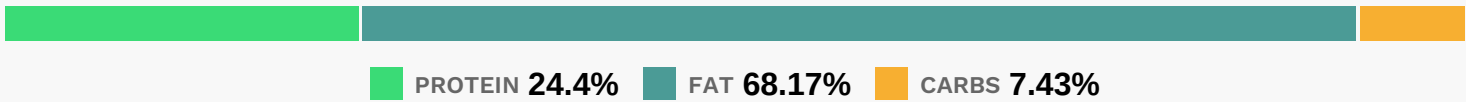
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350°F. Sauté bacon in wide ovenproof pot over medium heat until crisp.
- ☐ Transfer bacon to paper towels.
- ☐ Sprinkle rabbit with salt and pepper. Increase heat to medium-high. Working in batches, add rabbit to pot and sauté until browned, turning often, about 10 minutes per batch.
- ☐ Transfer to large bowl.
- ☐ Add 1 tablespoon butter to pot; add onion, carrots, and celery. Sauté until vegetables begin to brown, about 10 minutes.
- ☐ Add garlic, thyme, and bay leaves; stir 1 minute. Return rabbit and bacon to pot.
- ☐ Add wine; simmer 5 minutes. Stir in broth and tomatoes; bring to boil. Cover pot tightly.
- ☐ Transfer to oven and cook rabbit until very tender, about 1 hour 15 minutes. Season with salt and pepper. Divide among plates; spoon grits alongside.

Nutrition Facts



Properties

Glycemic Index:49.31, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:30.962608658749%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 925.97kcal (46.3%), Fat: 65.8g (101.24%), Saturated Fat: 22.41g (140.05%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 13.48g (4.9%), Sugar: 5.59g (6.21%), Cholesterol: 282.22mg (94.07%), Sodium: 794.39mg (34.54%), Alcohol: 8.4g (100%), Alcohol %: 1.72% (100%), Protein: 53g (106%), Selenium: 59.55µg (85.07%), Vitamin A: 4176.31IU (83.53%), Vitamin B3: 14.94mg (74.68%), Phosphorus: 630.38mg (63.04%), Vitamin B6: 1.12mg (56.22%), Vitamin B12: 2.08µg (34.67%), Vitamin B2: 0.57mg (33.3%), Zinc: 4.86mg (32.37%), Vitamin B5: 2.97mg (29.68%), Potassium: 1014.86mg (29%), Calcium: 286.06mg (28.61%), Vitamin B1: 0.37mg (24.67%), Magnesium: 79.9mg (19.97%), Copper: 0.38mg (19.03%), Iron: 3.36mg (18.67%), Manganese: 0.32mg (15.76%), Vitamin C: 12.57mg (15.24%), Vitamin E: 2.07mg (13.8%), Vitamin K: 13.12µg (12.5%), Fiber: 2.65g (10.59%), Folate: 32.09µg (8.02%), Vitamin D: 0.56µg (3.72%)