



## Rabbit Fricassee Cuban-Style

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce baby peas drained canned
- 1 bay leaf
- 1 teaspoon pepper black
- 8 ounce tomato sauce canned
- 0.3 cup capers drained
- 0.3 cup cooking wine dry white
- 3 cloves garlic chopped
- 1 bell pepper green chopped

- 0.3 cup olives green chopped
- 1 teaspoon ground cumin
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil
- 1 large onion chopped
- 1 pound potatoes peeled quartered
- 3 pound rabbit cleaned cut into pieces
- 1 cup raisins
- 0.3 teaspoon saffron powder
- 1 teaspoon salt to taste
- 2.5 cups water

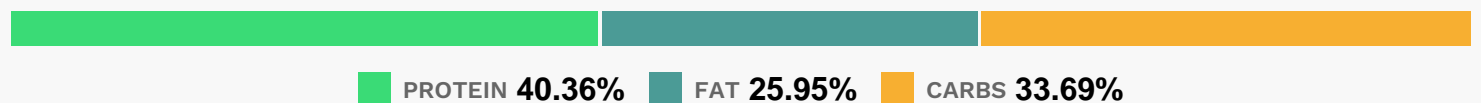
## Equipment

- frying pan
- dutch oven

## Directions

- Place the rabbit pieces in a deep skillet or Dutch oven over medium heat along with the onion, garlic, and green pepper. Season with saffron, cumin, salt, pepper, lemon juice and the bay leaf.
- Pour the water over all. Bring to a boil, then simmer for 20 minutes.
- Add the potatoes, and cook for about 20 more minutes, until tender.
- Add the raisins, capers, white wine, tomato sauce, olives and olive oil. Simmer for about 5 more minutes. Finally, stir in the peas and remove from the heat.

## Nutrition Facts



## Properties

Glycemic Index:70.15, Glycemic Load:23.12, Inflammation Score:-8, Nutrition Score:27.022173881531%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 10.37mg, Kaempferol: 10.37mg, Kaempferol: 10.37mg, Kaempferol: 10.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.67mg, Quercetin: 18.67mg, Quercetin: 18.67mg, Quercetin: 18.67mg

## Nutrients (% of daily need)

Calories: 552.68kcal (27.63%), Fat: 15.85g (24.39%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 38.37g (13.95%), Sugar: 6.46g (7.17%), Cholesterol: 183.7mg (61.23%), Sodium: 991.61mg (43.11%), Alcohol: 1.03g (100%), Alcohol %: 0.22% (100%), Protein: 55.46g (110.92%), Vitamin B3: 17.4mg (87%), Vitamin C: 58.29mg (70.66%), Phosphorus: 653.9mg (65.39%), Iron: 10.17mg (56.51%), Potassium: 1707.96mg (48.8%), Selenium: 23.29µg (33.28%), Fiber: 7.92g (31.67%), Magnesium: 123.67mg (30.92%), Manganese: 0.57mg (28.55%), Vitamin B6: 0.49mg (24.59%), Vitamin K: 23.7µg (22.57%), Vitamin B1: 0.32mg (21.52%), Vitamin B2: 0.32mg (18.81%), Copper: 0.37mg (18.36%), Vitamin E: 2.29mg (15.26%), Folate: 56.78µg (14.2%), Vitamin A: 640.24IU (12.8%), Calcium: 85.66mg (8.57%), Zinc: 1.09mg (7.26%), Vitamin B5: 0.48mg (4.79%)