



 **12%**
HEALTH SCORE

Rabbit Gumbo

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small onion chopped
- 1 small bell pepper green chopped
- 0.3 cup canola oil
- 3 pounds dressed rabbit cut into pieces
- 0.5 pound andouille smoked halved cut into 1/4-inch slices
- 1 teaspoon salt
- 0.5 teaspoon thyme dried
- 0.3 teaspoon pepper

- 0.3 teaspoon ground pepper
- 0.5 cup okra sliced
- 1 serving rice hot cooked

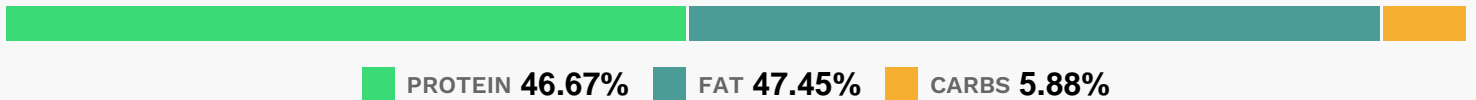
Equipment

- bowl
- frying pan
- dutch oven

Directions

- In a Dutch oven, saute onion and green pepper in oil until tender.
- Add rabbit and enough water to cover. Cover and simmer for 1-1/2 to 2 hours or until meat is very tender.
- Add the sausage, salt, thyme, pepper and cayenne. Simmer, uncovered, for 15-20 minutes.
- Remove rabbit. When cool enough to handle, remove meat from bones; discard bones.
- Cut meat into bite-size pieces; return to pan. Stir in okra; bring to a boil.
- Serve in bowls over rice.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:4.39, Inflammation Score:-4, Nutrition Score:16.848695837933%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 482.53kcal (24.13%), Fat: 24.74g (38.07%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.09g (2.22%), Sugar: 0.93g (1.03%), Cholesterol: 210.54mg (70.18%), Sodium: 823.16mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.76g (109.51%), Vitamin B3: 16.18mg (80.91%),

Phosphorus: 570.14mg (57.01%), Iron: 7.9mg (43.89%), Selenium: 27.39µg (39.13%), Potassium: 1000.42mg (28.58%), Magnesium: 79.5mg (19.87%), Vitamin C: 12.8mg (15.52%), Vitamin B1: 0.2mg (13.25%), Vitamin B2: 0.21mg (12.64%), Vitamin E: 1.74mg (11.61%), Vitamin K: 11.85µg (11.29%), Manganese: 0.19mg (9.59%), Vitamin B12: 0.57µg (9.51%), Vitamin B6: 0.14mg (6.94%), Zinc: 0.96mg (6.37%), Calcium: 44.24mg (4.42%), Fiber: 0.8g (3.21%), Vitamin A: 143.83IU (2.88%), Copper: 0.06mg (2.8%), Vitamin D: 0.42µg (2.77%), Folate: 10.69µg (2.67%), Vitamin B5: 0.27mg (2.66%)