



Rabbit in Potacchio

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound canned tomatoes peeled drained roughly chopped canned
- ☐ 2 chilies whole dry hot
- ☐ 12 ounces cooking wine dry white
- ☐ 4 servings flour
- ☐ 3 tablespoons rosemary leaves fresh chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 juice of lemon
- ☐ 1 large rabbit cut into pieces

- ☐ 4 shallots thinly sliced
- ☐ 6 tablespoons virgin olive oil plus 4 tablespoons

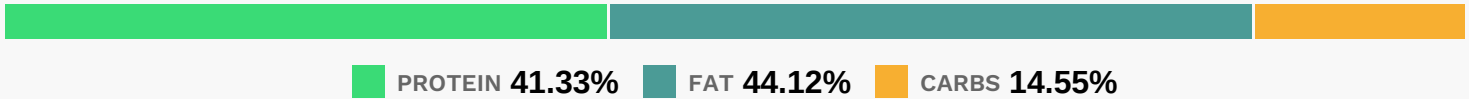
Equipment

- ☐ frying pan

Directions

- ☐ Wash and dry the rabbit pieces and dredge in flour. Season with salt and pepper.
- ☐ In a 14 inch frying pan, heat 6 tablespoons olive oil until just smoking. Cook the rabbit pieces until golden brown, 3 or 4 at a time, and remove to a plate.
- ☐ Drain old oil and add new with shallots, garlic, rosemary and chilies and cook until soft and translucent, about 8 to 10 minutes.
- ☐ Add lemon juice, zest, tomatoes and wine and bring to a boil.
- ☐ Add rabbit pieces and drippings and return to boil. Lower heat and simmer until rabbit is cooked through, about 15 to 20 minutes. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:6.44, Inflammation Score:-8, Nutrition Score:23.852173971093%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 620.92kcal (31.05%), Fat: 27.26g (41.94%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 17.47g (6.35%), Sugar: 6.91g (7.67%), Cholesterol: 202.5mg (67.5%), Sodium: 297.85mg (12.95%), Alcohol: 8.76g (100%), Alcohol %: 2.07% (100%), Protein: 57.46g (114.92%), Vitamin B3: 17.96mg (89.79%), Phosphorus: 639.66mg (63.97%), Vitamin C: 48.81mg (59.16%), Iron: 10.47mg (58.17%), Potassium: 1409.53mg (40.27%), Selenium: 26.98µg (38.54%), Magnesium: 107.93mg (26.98%), Vitamin E: 3.98mg (26.52%), Vitamin B6: 0.41mg (20.41%), Manganese: 0.41mg (20.3%), Vitamin K: 19.68µg (18.74%), Vitamin B2: 0.29mg (17.2%), Vitamin B1: 0.23mg (15.15%), Fiber: 2.76g (11.02%), Folate: 40.52µg (10.13%), Calcium: 95.82mg (9.58%), Vitamin A: 392.39IU (7.85%), Copper: 0.16mg (7.8%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.52mg (3.44%)