



Rabbit in the Style of Ischia: Coniglio All' Ischitana

 Gluten Free  Dairy Free

READY IN



107 min.

SERVINGS



4

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 3 large canned tomatoes crushed peeled seeded drained cut into 1/2-inch dice, or 1 (28-ounce) can tomatoes, and
- 1.3 cups cooking wine dry white
- 0.5 cup basil leaves fresh
- 1 sprig rosemary fresh
- 4 cloves garlic minced crushed
- 0.3 cup olive oil extra-virgin

- 4 pound rabbit cleaned cut into 8 pieces, liver reserved
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 1 can tomato paste

Equipment

- bowl

Directions

- In a large cast-iron casserole, heat the olive oil until just smoking.
- Add the rabbit and brown well on all sides. Season the meat with salt and pepper, remove from the casserole and set aside.
- To the same casserole, add the garlic and reduce heat to medium. Cook garlic 1 to 2 minutes, until it is softened but not browned.
- Add the tomatoes, tomato paste, rosemary and wine and simmer 5 minutes.
- Return the rabbit to the casserole, cover loosely and cook over low heat for 1 hour, until meat is very tender. In a small bowl, combine the liver and the vinegar and mash well with a fork.
- Add the liver mixture to the casserole and cook 10 minutes.
- Add the basil leaves, remove from heat and serve immediately.

Nutrition Facts

PROTEIN 60.65% **FAT 32.94%** **CARBS 6.41%**

Properties

Glycemic Index:55.75, Glycemic Load:2.73, Inflammation Score:-7, Nutrition Score:27.323043574458%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol:

0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 737.92kcal (36.9%), Fat: 24.35g (37.46%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 8.55g (3.11%), Sugar: 5.31g (5.9%), Cholesterol: 367.41mg (122.47%), Sodium: 950.06mg (41.31%), Alcohol: 7.72g (100%), Alcohol %: 1.48% (100%), Protein: 100.89g (201.77%), Vitamin B3: 30.88mg (154.39%), Phosphorus: 1078.78mg (107.88%), Iron: 16.33mg (90.75%), Selenium: 43.78µg (62.54%), Potassium: 2096.64mg (59.9%), Magnesium: 162.92mg (40.73%), Vitamin K: 26.58µg (25.31%), Vitamin E: 3.27mg (21.77%), Vitamin B2: 0.34mg (20.18%), Manganese: 0.38mg (18.98%), Vitamin B1: 0.22mg (14.97%), Vitamin C: 11.04mg (13.38%), Vitamin B6: 0.23mg (11.75%), Calcium: 108.58mg (10.86%), Copper: 0.22mg (10.78%), Fiber: 2.11g (8.43%), Vitamin A: 382.32IU (7.65%), Folate: 16.38µg (4.09%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.43mg (2.89%)