



Rabbit Ragù

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz frangelico italian drained chopped canned
- ☐ 1 medium carrots chopped
- ☐ 1 rib celery stalks chopped
- ☐ 1.3 teaspoons sea salt
- ☐ 1.5 teaspoons rosemary leaves fresh finely chopped
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 1 medium onion chopped
- ☐ 0.3 lb pancetta italian cut into 1/4-inch dice (unsmoked cured bacon)
- ☐ 1 cup pinot noir chocolate brownies dry red light
- ☐ 4 servings polenta
- ☐ 3 lb dressed rabbit cut into 1-inch pieces (1 1/2 lb boned)
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil and butter in a 12-inch heavy skillet (2 inches deep) over moderate heat until hot but not smoking, then add pancetta and cook, stirring occasionally, 2 minutes.
- ☐ Add sage and rosemary and cook, stirring, 30 seconds.
- ☐ Add rabbit and cook, stirring occasionally, until rabbit is no longer pink on outside, 2 to 3 minutes.
- ☐ Add onion, carrot, and celery and cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Add wine and simmer, uncovered, stirring occasionally, until liquid is reduced to about 1 cup, 10 to 15 minutes.
- ☐ Add tomatoes, sea salt, and pepper and simmer, stirring occasionally, until sauce is thickened, 5 to 10 minutes.
- ☐ ·Ragù can be made 1 day ahead and cooled completely, uncovered, then chilled, covered:Ragù can be made with 1 1/2 pounds boneless veal shoulder, cut into 1-inch pieces, in a 6-quart wide heavy pot.
- ☐ Add veal to pot in place of rabbit and, after cooking until no longer pink on outside, add 4 cups water and simmer, uncovered, stirring occasionally, until liquid is reduced to about 1 cup and veal is very tender, about 1 1/4 hours. Proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:38.21, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:27.491304304289%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 781.19kcal (39.06%), Fat: 38.59g (59.37%), Saturated Fat: 11.65g (72.84%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 12.91g (4.7%), Sugar: 1.96g (2.18%), Cholesterol: 309.32mg (103.11%), Sodium: 1097.58mg (47.72%), Alcohol: 6.14g (100%), Alcohol %: 1.28% (100%), Protein: 79.22g (158.45%), Copper: 4.59mg (229.46%), Vitamin B3: 23.56mg (117.81%), Phosphorus: 832.99mg (83.3%), Iron: 11.48mg (63.8%), Selenium: 39.61µg (56.59%), Vitamin A: 2758.62IU (55.17%), Potassium: 1457.3mg (41.64%), Magnesium: 112.54mg (28.13%), Vitamin E: 2.34mg (15.58%), Vitamin B2: 0.25mg (14.84%), Vitamin B1: 0.22mg (14.74%), Manganese: 0.25mg (12.75%), Vitamin K: 11.25µg (10.72%), Vitamin B6: 0.15mg (7.27%), Calcium: 67.22mg (6.72%), Fiber: 1.23g (4.94%), Vitamin C: 2.95mg (3.58%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.29mg (2.93%), Vitamin B12: 0.15µg (2.56%), Folate: 9.01µg (2.25%), Vitamin D: 0.22µg (1.46%)