



Rabbit Stew

READY IN



160 min.

SERVINGS



6

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 6 servings pepper black freshly ground
- 3 tablespoons butter
- 2 cups carrots diced
- 1 cup celery diced
- 1.5 cups flour all-purpose
- 0.3 cup grapeseed oil
- 0.5 cup sautéed mushrooms sliced
- 2 onions diced finely

- 4 medium potatoes diced
- 3 pounds rabbit cut into stew-sized pieces
- 4 cups red wine
- 6 servings salt
- 6 cups water

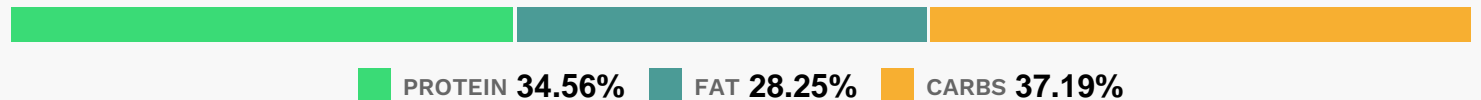
Equipment

- sauce pan
- pot

Directions

- Using half the flour (3/4 cup) coat the pieces of rabbit, shaking off any excess.
- Heat the oil and butter in a large heavy-bottomed saucepan, and brown the floured rabbit on all sides.
- Add the celery, carrots, onions, salt, pepper, bay leaves, 6 cups water and red wine, and stew for about 2 hours.
- Add the potatoes 45 minutes into the stewing process. Once the rabbit and all the vegetables are cooked, use some water to form a paste with the remaining 3/4 cup flour. Stir the flour mixture into the pot as a thickener.
- Add the already sauteed mushrooms to the stew and allow to simmer for about 10 minutes. Adjust seasonings, if necessary, and serve.

Nutrition Facts



Properties

Glycemic Index:74.6, Glycemic Load:38.3, Inflammation Score:-10, Nutrition Score:33.379565274586%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 3.17mg, Petunidin: 3.17mg, Petunidin: 3.17mg, Petunidin: 3.17mg Delphinidin: 3.22mg, Delphinidin: 3.22mg, Delphinidin: 3.22mg, Delphinidin: 3.22mg Malvidin: 22.14mg, Malvidin: 22.14mg, Malvidin: 22.14mg, Malvidin: 22.14mg Peonidin: 2mg, Peonidin: 2mg,

Peonidin: 2mg, Peonidin: 2mg Catechin: 11.42mg, Catechin: 11.42mg, Catechin: 11.42mg, Catechin: 11.42mg
Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin:
6.06mg, Epicatechin: 6.06mg, Epicatechin: 6.06mg, Epicatechin: 6.06mg Epicatechin 3–gallate: 0.02mg,
Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Hesperetin: 1.01mg,
Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin:
2.83mg, Naringenin: 2.83mg Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg Luteolin:
0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg,
Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg,
Kaempferol: 1.66mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 10.26mg,
Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg,
Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 784.81kcal (39.24%), Fat: 20.66g (31.78%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 61.21g (20.4%),
Net Carbohydrates: 55.04g (20.01%), Sugar: 6.15g (6.83%), Cholesterol: 198.75mg (66.25%), Sodium: 424.38mg
(18.45%), Alcohol: 16.96g (100%), Alcohol %: 2.34% (100%), Protein: 56.86g (113.73%), Vitamin A: 7388.82IU
(147.78%), Vitamin B3: 19.25mg (96.26%), Phosphorus: 702.43mg (70.24%), Iron: 10.86mg (60.36%), Potassium:
1954.33mg (55.84%), Selenium: 33.77µg (48.25%), Vitamin C: 33.92mg (41.11%), Manganese: 0.79mg (39.42%),
Magnesium: 138.61mg (34.65%), Vitamin B1: 0.49mg (32.7%), Vitamin B6: 0.65mg (32.44%), Vitamin B2: 0.46mg
(27.33%), Folate: 104.32µg (26.08%), Fiber: 6.17g (24.69%), Vitamin E: 3.15mg (20.98%), Copper: 0.32mg (16.02%),
Vitamin K: 14.8µg (14.09%), Calcium: 100.99mg (10.1%), Vitamin B5: 0.94mg (9.37%), Zinc: 1.12mg (7.44%)