



Rabbit Stew

READY IN



85 min.

SERVINGS



8

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 8 tablespoons butter divided
- ☐ 4 carrots peeled cut in 1/2 inch semi-circles
- ☐ 4 rib celery cut in 1/2-inch lengths
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons rosemary leaves fresh minced
- ☐ 0.5 tablespoon thyme leaves fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 1 pinch ground nutmeg generous

- ☐ 1 large onion halved quartered
- ☐ 3 cups red wine divided
- ☐ 2 pounds rabbit tenderloin cut into 1 to 1 1/2-inch cubes
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1.5 pounds sweet potatoes diced
- ☐ 1 cup tomatoes diced
- ☐ 4 cups vegetable stock

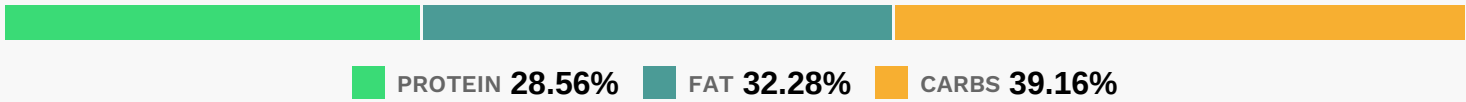
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large bowl, combine the flour and salt and pepper, to taste.
- ☐ Add the rabbit, coating it well with the seasoned flour.
- ☐ Heat a large saucepan over medium-high heat and add 4 tablespoons of butter.
- ☐ Remove the rabbit from flour, tapping off the excess and add to preheated pan.
- ☐ Saute the rabbit until browned. After browning, pour in 2 cups of port and deglaze the pan.
- ☐ Remove rabbit to a plate and set aside.
- ☐ Add the stock, remaining butter, thyme, garlic, bay leaves, onion, carrots, celery, sweet potatoes, and rosemary. Reduce the heat to medium, cover and simmer for 30 to 40 minutes, stirring occasionally. Deglaze with remaining 1 cup of port, and then add tomatoes. Return the cooked rabbit to the pan along with a generous pinch of nutmeg. Simmer until the desired stew thickness is reached, about 10 to 15 minutes. Season with salt and pepper, to taste.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:70.48, Glycemic Load:19.9, Inflammation Score:-10, Nutrition Score:19.92739135934%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 470.57kcal (23.53%), Fat: 14.41g (22.17%), Saturated Fat: 8.09g (50.59%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 34.72g (12.63%), Sugar: 7.96g (8.84%), Cholesterol: 121.95mg (40.65%), Sodium: 691.09mg (30.05%), Alcohol: 9.54g (100%), Alcohol %: 2.38% (100%), Protein: 28.69g (57.37%), Vitamin A: 17959.45IU (359.19%), Vitamin B3: 9.44mg (47.19%), Phosphorus: 362.21mg (36.22%), Iron: 5.64mg (31.36%), Manganese: 0.6mg (29.98%), Potassium: 1036.04mg (29.6%), Selenium: 17.2µg (24.58%), Magnesium: 78.4mg (19.6%), Fiber: 4.61g (18.45%), Vitamin B1: 0.27mg (17.93%), Vitamin B6: 0.35mg (17.27%), Vitamin B2: 0.26mg (15.4%), Folate: 52.58µg (13.15%), Vitamin C: 9.25mg (11.21%), Copper: 0.21mg (10.29%), Vitamin B5: 0.93mg (9.34%), Vitamin K: 8.83µg (8.41%), Calcium: 76.43mg (7.64%), Vitamin E: 0.86mg (5.77%), Zinc: 0.68mg (4.54%)