



Rabbit Stewed in Stout

 Dairy Free

READY IN



115 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon paprika
- ☐ 3 pounds dressed rabbit
- ☐ 8 ounces mushrooms cut in half
- ☐ 15 ounces onion whole

- ☐ 2 teaspoons thyme sprigs dried fresh chopped
- ☐ 1 bay leaves dried
- ☐ 12 ounces beer dark
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons water cold
- ☐ 1 serving parsley fresh chopped

Equipment

- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook bacon in 4-quart Dutch oven over medium heat, stirring occasionally, until crisp.
- ☐ Remove bacon with slotted spoon, reserving fat in Dutch oven, and drain on paper towels.
- ☐ Mix flour, salt, pepper and paprika. Coat rabbit pieces with flour mixture.
- ☐ Heat bacon fat over medium heat. Cook rabbit in bacon fat about 15 minutes or until brown on all sides.
- ☐ Stir in mushrooms, onions, thyme and bay leaf.
- ☐ Pour stout over rabbit and vegetables. Crumble reserved bacon over mixture.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 1 hour or until thickest pieces of rabbit are tender.
- ☐ Remove rabbit and vegetables to warm platter; keep warm.
- ☐ Remove bay leaf.
- ☐ Heat stout mixture to boiling.
- ☐ Mix cornstarch and water; stir into stout mixture. Boil and stir 1 minute.
- ☐ Pour sauce over rabbit and vegetables.
- ☐ Sprinkle with parsley.

Nutrition Facts



 **PROTEIN 54.71%**  **FAT 25.72%**  **CARBS 19.57%**

Properties

Glycemic Index:74.63, Glycemic Load:12.53, Inflammation Score:-9, Nutrition Score:26.533043446748%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 5.33mg, Isorhamnetin: 5.33mg, Isorhamnetin: 5.33mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 21.6mg, Quercetin: 21.6mg, Quercetin: 21.6mg, Quercetin: 21.6mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 637.74kcal (31.89%), Fat: 17.12g (26.35%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 26.23g (9.54%), Sugar: 5.69g (6.33%), Cholesterol: 290.08mg (96.69%), Sodium: 909.23mg (39.53%), Alcohol: 3.32g (100%), Alcohol %: 0.66% (100%), Protein: 81.95g (163.91%), Vitamin B3: 26.57mg (132.86%), Phosphorus: 911.41mg (91.14%), Iron: 12.53mg (69.59%), Selenium: 48.09µg (68.69%), Potassium: 1721.15mg (49.18%), Vitamin B2: 0.58mg (34.39%), Magnesium: 128.29mg (32.07%), Vitamin B1: 0.39mg (25.76%), Folate: 65.63µg (16.41%), Vitamin K: 17.18µg (16.36%), Manganese: 0.32mg (16.04%), Vitamin B6: 0.3mg (14.95%), Vitamin C: 12mg (14.55%), Copper: 0.27mg (13.51%), Fiber: 3.07g (12.28%), Vitamin B5: 1.22mg (12.18%), Calcium: 80.92mg (8.09%), Zinc: 0.89mg (5.95%), Vitamin A: 205.81IU (4.12%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.2µg (1.34%), Vitamin E: 0.18mg (1.17%)