



Rabbit Stewed in Stout

 Dairy Free

READY IN



115 min.

SERVINGS



1

CALORIES



2551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 1 tablespoon cornstarch
- ☐ 1 bay leaves dried
- ☐ 0.5 cup flour all-purpose
- ☐ 1 serving parsley fresh chopped
- ☐ 2 teaspoons thyme sprigs dried fresh chopped
- ☐ 8 ounces mushrooms cut in half
- ☐ 15 ounces onion whole

- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 3 pounds dressed rabbit
- ☐ 1 teaspoon salt
- ☐ 12 ounces beer dark
- ☐ 2 tablespoons water cold

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:298.5, Glycemic Load:50.11, Inflammation Score:-10, Nutrition Score:59.033478031988%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Apigenin: 8.76mg, Apigenin: 8.76mg, Apigenin: 8.76mg, Apigenin: 8.76mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 21.3mg, Isorhamnetin: 21.3mg, Isorhamnetin: 21.3mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 86.4mg, Quercetin: 86.4mg, Quercetin: 86.4mg, Quercetin: 86.4mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 2550.96kcal (127.55%), Fat: 68.5g (105.38%), Saturated Fat: 21.52g (134.52%), Carbohydrates: 117.21g (39.07%), Net Carbohydrates: 104.93g (38.16%), Sugar: 22.78g (25.31%), Cholesterol: 1160.31mg (386.77%), Sodium: 3636.92mg (158.13%), Alcohol: 13.27g (100%), Alcohol %: 0.66% (100%), Protein: 327.82g (655.64%), Vitamin B3: 106.29mg (531.45%), Phosphorus: 3645.64mg (364.56%), Iron: 50.1mg (278.34%), Selenium: 192.34µg (274.77%), Potassium: 6884.59mg (196.7%), Vitamin B2: 2.34mg (137.55%), Magnesium: 513.15mg (128.29%), Vitamin B1: 1.55mg (103.04%), Folate: 262.53µg (65.63%), Vitamin K: 68.71µg (65.44%), Manganese: 1.28mg (64.18%), Vitamin B6: 1.2mg (59.78%), Vitamin C: 48.01mg (58.19%), Copper: 1.08mg (54.02%), Fiber: 12.28g (49.1%), Vitamin B5: 4.87mg (48.72%), Calcium: 323.7mg (32.37%), Zinc: 3.57mg (23.82%), Vitamin A: 823.25IU (16.47%), Vitamin B12: 0.6µg (9.98%), Vitamin D: 0.81µg (5.37%), Vitamin E: 0.7mg (4.7%)