



Slow-cooked rabbit stew



Gluten Free



Dairy Free



Popular

READY IN



155 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g prune- cut to pieces
- ☐ 50 ml brandy
- ☐ 50 g brown sugar soft
- ☐ 2 dressed rabbit
- ☐ 1 tbsp vegetable oil
- ☐ 3 bacon smoked sliced into thin strips
- ☐ 2 carrots chopped
- ☐ 1 onion chopped

- ☐ 2 celery stalks chopped
- ☐ 1 garlic clove crushed
- ☐ 2 thyme sprigs
- ☐ 1 bay leaves
- ☐ 150 ml red wine canned
- ☐ 250 ml chicken stock see
- ☐ 4 servings rice wild chopped

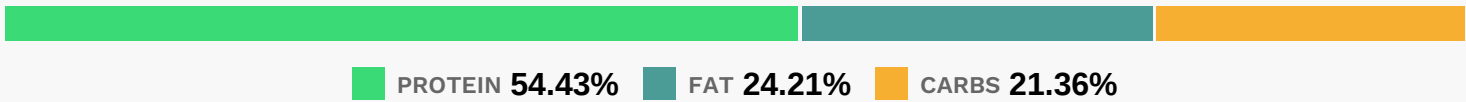
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 150C/130C fan/gas
- ☐ Put the prunes in a bowl with the brandy and brown sugar, stir, then set aside to soak.
- ☐ Dust the rabbit in the flour.
- ☐ Heat the oil in a large flameproof dish and brown the rabbit all over until golden you may have to do this in batches. Set the rabbit aside.
- ☐ Add the bacon, vegetables, garlic and herbs to the dish and fry for 5 mins until starting to colour.
- ☐ Pour in the red wine and scrape all the goodness off the bottom of the dish.
- ☐ Add the chicken stock and put the rabbit back in the dish with the boozy prunes, then cover and cook for 2 hrs, stirring occasionally, until the rabbit is totally tender.
- ☐ Serve scattered with parsley and wild rice on the side.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:8.03, Inflammation Score:-10, Nutrition Score:32.64826079296%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 913.95kcal (45.7%), Fat: 22.57g (34.72%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 40.86g (14.86%), Sugar: 29.34g (32.61%), Cholesterol: 417.79mg (139.26%), Sodium: 479.72mg (20.86%), Alcohol: 8.27g (100%), Alcohol %: 1.41% (100%), Protein: 114.18g (228.37%), Vitamin B3: 35.29mg (176.46%), Phosphorus: 1226.77mg (122.68%), Vitamin A: 5412.35IU (108.25%), Iron: 17.07mg (94.82%), Selenium: 52.48µg (74.97%), Potassium: 2460.92mg (70.31%), Magnesium: 177.45mg (44.36%), Vitamin K: 32.09µg (30.56%), Vitamin B2: 0.47mg (27.92%), Vitamin B1: 0.27mg (18.26%), Fiber: 3.94g (15.78%), Manganese: 0.28mg (14.11%), Vitamin B6: 0.27mg (13.55%), Calcium: 112.26mg (11.23%), Copper: 0.18mg (9.24%), Vitamin C: 5.28mg (6.4%), Vitamin E: 0.73mg (4.88%), Zinc: 0.65mg (4.34%), Folate: 17.19µg (4.3%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.08µg (1.38%)