



Stewed Rabbit

 Dairy Free

READY IN



165 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 herb bouquet chopped
- 2 tablespoons cooking oil
- 2 tablespoons flour all-purpose
- 1 clove garlic chopped
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup mushrooms chopped
- 1 large onion finely chopped
- 2 rabbits

- 4 servings serving suggestions: rice mashed
- 1 cup water boiling
- 1 cup cooking wine

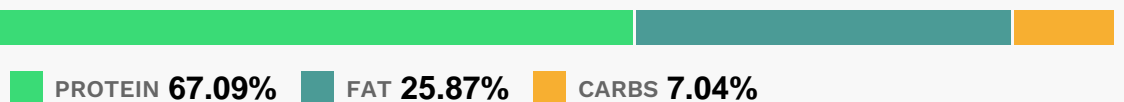
Equipment

- pot

Directions

- Wash the rabbits in cold water and debone them by cutting at the joints like you would a chicken.
- Sprinkle generously with salt and pepper.
- Place the cooking oil in a stewing pot (deep iron pot with a lid, if possible). When the oil is hot, place the rabbit pieces in the pot and let brown, about 5 minutes on each side. Once both sides are nicely seared, remove the pieces and set aside.
- Reduce the heat and add the flour to the pot and stir frequently until the mixture is brown, about 3 minutes. Be careful not to burn. Once the flour is brown, throw in the garlic, herb bouquet and the onion. Stir frequently and cook for about 5 minutes.
- Place the seared rabbit back into the pot, along with the mushrooms. Cook for another 5 minutes.
- Add the wine and water to the pot and bring it back to a boil. Once it has boiled, reduce the heat and bring the liquid to a simmer.
- Place a tightly fitting lid on the pot, and let simmer for about 30 minutes. Season with salt and pepper again and continue to simmer until the rabbit is tender, about another hour.
- Serve hot over something like rice or mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:68.05, Glycemic Load:3.74, Inflammation Score:-7, Nutrition Score:27.282173726222%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 727.47kcal (36.37%), Fat: 18.98g (29.19%), Saturated Fat: 4.02g (25.09%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 9.3g (3.38%), Sugar: 2.46g (2.74%), Cholesterol: 405mg (135%), Sodium: 261.02mg (11.35%), Alcohol: 6.24g (100%), Alcohol %: 1.15% (100%), Protein: 110.74g (221.47%), Vitamin B3: 33.46mg (167.32%), Phosphorus: 1180.41mg (118.04%), Iron: 19.46mg (108.11%), Selenium: 50.11µg (71.59%), Potassium: 2105.08mg (60.15%), Magnesium: 170.57mg (42.64%), Vitamin K: 27.09µg (25.8%), Vitamin B2: 0.4mg (23.72%), Manganese: 0.38mg (19.02%), Vitamin B1: 0.22mg (14.79%), Calcium: 147.85mg (14.79%), Fiber: 2.32g (9.29%), Vitamin E: 1.3mg (8.65%), Vitamin B6: 0.14mg (7.22%), Folate: 26.34µg (6.58%), Vitamin C: 5.06mg (6.13%), Copper: 0.12mg (5.86%), Vitamin A: 283.74IU (5.67%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.38mg (2.55%)