



Wild rabbit slow cooked with rosemary, olive oil & garlic

 Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



1205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 dressed rabbit wild for you (ask your butcher to do this)
- ☐ 100 g flour plain
- ☐ 500 ml olive oil extra virgin extra-virgin
- ☐ 10 rosemary
- ☐ 40 garlic clove unpeeled
- ☐ 600 ml wine dry white

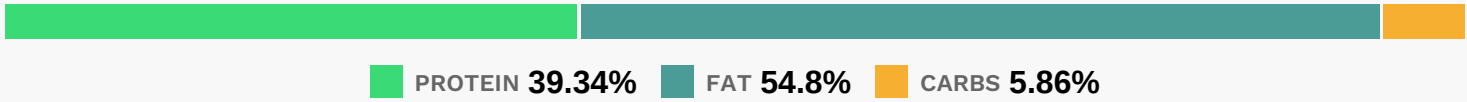
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ stove

Directions

- ☐ Use a really big casserole dish one thatll go on the stove and fit all the meat. Toss the rabbit pieces in the flour, tap off the excess and then brown the pieces 5 or 6 at a time in a few tbsp of the oil.
- ☐ When they are lovely and golden brown, fit all the pieces back in the pan, throw in the rosemary, garlic and all of the olive oil (seriously!).
- ☐ Add the wine and mix well. Bring the mixture up to the boil, then partially cover with a lid, and allow it to simmer vigorously for 2-2 hrs. After this time the sauce should be thickened and the rabbit should come away from the bones really easily. (Dont try to slow-cook this in the oven as it just wont bring the elements of the sauce together in the same way.) Season and serve the whole lot with sauted potatoes or creamy mash and buttered greens.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:8.61, Inflammation Score:-6, Nutrition Score:28.939130424805%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 1205.07kcal (60.25%), Fat: 68.88g (105.97%), Saturated Fat: 11.37g (71.04%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 15.86g (5.77%), Sugar: 0.91g (1.02%), Cholesterol: 405mg (135%), Sodium: 257.81mg (11.21%), Alcohol: 7.84g (100%), Alcohol %: 1.5% (100%), Protein: 111.25g (222.51%), Vitamin B3: 33.43mg (167.13%), Phosphorus: 1180.23mg (118.02%), Iron: 17.4mg (96.65%), Selenium: 53.45µg (76.36%), Potassium: 2019.31mg (57.69%), Vitamin E: 8.24mg (54.91%), Magnesium: 159.38mg (39.85%), Vitamin K: 34.95µg (33.28%), Vitamin B2: 0.39mg (22.95%), Manganese: 0.43mg (21.37%), Vitamin B1: 0.28mg (18.84%), Vitamin B6: 0.23mg (11.59%), Calcium: 98.04mg (9.8%), Folate: 24.47µg (6.12%), Vitamin C: 4.76mg (5.77%), Copper: 0.07mg (3.33%), Fiber: 0.71g (2.82%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.18mg (1.78%)