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Rabbit Meat : Health Benefits and Nutrient Composition

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Rabbit meat may not be as popular as turkey and chicken due to less awareness about it's nutrient composition and health benefits, getting to know the health benefits of rabbit meat may convince you to give it a try. Rabbit meat is the best choice when what you need is white meat. </div>

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<div style="text-align: left; line-height: 1.5;">Unlike pork and beef, rabbit meat doesn't have a special name, it is called rabbit meat. Due it gaining popularity, some countries import rabbit meat for local consumption. Top 10 countries importing rabbit according to tridge report include:</div>

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Germany

Portugal

Switzerland

United States

Spain

Czechia

Italy

Belgium

France

China remains the top exporter of rabbit meat. fresh rabbit meat is sold in the butcheries and markets of some countries, whereas certain supermarkets sell frozen rabbit meat.</div>

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<div style="text-align: left;">Read more: Food High in Fiber</div>

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Nutrient Composition of Rabbit Meat

According to USDA, 100g of rabbit meat contains:

| Nutrients | Composition per 100g |
|--------------|----------------------|
| Protein | 29.06g |
| Carbohydrate | 0g |
| Fiber | 0g |
| Total lipid | 8.05g |
| Ash | 1.04g |
| Calcium | 19mg |
| Iron | 2.27mg |

Nutrients

Composition per 100g

Protein

29.06g

Carbohydrate

0g

Fiber

0g

Total lipid

8.05g

Ash

1.04g

Calcium

19mg

Iron

2.27mg


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<tr>
<td><span style="font-size: 14pt;">Magnesium</span></td>
<td><span style="font-size: 14pt;">21mg</span></td>
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<tr>
<td><span style="font-size: 14pt;">Phosphorous</span></td>
<td><span style="font-size: 14pt;">263mg</span></td>
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<tr>
<td><span style="font-size: 14pt;">Potassium</span></td>
<td><span style="font-size: 14pt;">383mg</span><br /><br /></td>
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<tr>
<td><span style="font-size: 14pt;">Sodium</span></td>
<td><span style="font-size: 14pt;">47mg&nbsp;&nbsp;&nbsp;</span></td>
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<tr>
<td><span style="font-size: 14pt;">Folate</span></td>
<td><span style="font-size: 14pt;">11ug</span></td>
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<tr>
<td><span style="font-size: 14pt;">Selenium</span></td>
<td><span style="font-size: 14pt;">38.5ug</span></td>
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<tr>
<td><span style="font-size: 14pt;">Niacin</span></td>
<td><span style="font-size: 14pt;">8.43mg</span></td>
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<tr>
<td><span style="font-size: 14pt;">Cholesterol</span></td>
<td><span style="font-size: 14pt;">82mg</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">Zinc</span></td>
<td><span style="font-size: 14pt;">2.27mg</span></td>
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<div style="font-size: 18px; text-align: left;">Protein: rabbit meat is a rich source of animal protein, animal protein are complete protein because it is not limited in the

essential amino acids, 100g of rabbit meat contain 29.06g of protein. This could account for between 40-50% of daily requirement for an healthy individual </div>

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<div style="text-align: left;">Sodium: Rabbit meat has less sodium, which made it heart friendly.</div>

<div style="text-align: left;">Potassium: The potassium content also made it heart friendly nutrient </div>

<div style="text-align: left;">Selenium: selenium is a good antioxidant, antioxidants can help find aging, rabbit is a good source of selenium with 38.5ug.</div>

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<div style="text-align: left;">Folate: folic acid is an important nutrient in the diet of a pregnant woman. Rabbit meat has a portion of folate which is so beneficial in this condition.</div>

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<div style="text-align: left;">Cholesterol: the USDA recommends below 300mg of cholesterol consumption per day, 100g of rabbit meat contains 82mg , and this made it great for consumption as it has less chance of raising the cholesterol level in the body.</div>

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<div style="text-align: left;"><strong style="color: inherit; font-family: inherit;">Health Benefits of Rabbit Meat</div>

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The meat is highly palatable, high in protein and low in calories, fat, and cholesterol.

Rabbit meat is unique from other meats in that it is entirely white meat.

It has many nutritional advantages over other meats, such as a lower cholesterol amount than any other meat, more protein per serving than chicken, fish or beef, and the lowest amount of calories per serving.

The USDA says that rabbit is the most nutritious meat known to mankind.

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<h2>Rabbit Meat Vs Chicken</h2>

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<div style="text-align: left;">According to USDA, 100g of raw chicken contains</div>

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<div style="text-align: left;">Protein - 17.44g</div>

<div style="text-align: left;">Total lipid - 8.1g</div>

<div style="text-align: left;">Calcium - 6mg</div>

<div style="text-align: left;">Iron - 0.82mg</div>

<div style="text-align: left;">Potassium - 522mg</div>

<div style="text-align: left;">Sodium - 10.2ug</div>

<div style="text-align: left;">Folate - 1ug</div>

<div style="text-align: left;">Cholesterol - 86mg</div>

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<div style="text-align: left; line-height: 1.5;">Rabbit meat contains more protein compared to chicken, it also outperforms chicken in terms of calcium content.

Calcium is a great mineral that is great for maintaining good bone health. </div>

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<div style="text-align: left; line-height: 1.5;">Rabbit meat has more folate than chicken which made it the best choice during pregnancy especially in the first trimester.

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<div style="text-align: left; line-height: 1.5;">The cholesterol content is a little bit close but chicken still contains more cholesterol than rabbit, this is a win for rabbit meat. The only area chicken outperforms rabbit meat is the potassium content, chicken has more potassium.</div>

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<div style="text-align: left; line-height: 1.5;">The nutrient content of domesticated rabbits may vary due to quality and type of feed used. Rabbit meat is worth great attention and as a nutritionist, I will recommend it in our daily diet.</div>

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