

Meat Rabbit Facts

- Rabbit is all white meat and has been used for meat as far back as 1500BC.
- Rabbit has the highest protein percentage and the lowest fat percentage. It is also lowest in calories per pound.
- Cholesterol level in rabbit meat (164 mg/100g), is much lower than chicken, turkey, beef, and pork.
- Rabbit has 33% less sodium than chicken.
- Rabbit meat has been used for, and is suitable for special diets, such as those for heart disease patients, diets for the aged, low sodium diets, weight reduction diets, etc.
- **The USDA has made extensive tests and have stated that domestic rabbit meat is the most nutritious meat known to man.**
- Since rabbits are raised in all-wire cages rather than on pasture, it is also one of the most sanitary meats available.
- Rabbits are good for both small and large scale production.
- A doe rabbit that weighs 10lbs can produce 320 pounds of meat in a year. This is more than a cow, and it takes 2 acres of land to raise a cow.
- A commercial-breed doe can have six to eight litters a year, with an average of eight or nine kits per litter. The best commercial does can produce fifteen or sixteen kits per litter, which grow out to five pounds by ten weeks of age!
- Rabbits will produce 6 pounds of meat on the same feed and water as a cow will produce 1 pound of meat.
- Rabbit manure is excellent for the garden and doesn't have to age.
- Since rabbits are so inexpensive to keep, more and more people are raising them at home to cope with rising food prices.

Nutritional Values of Common Meats¹

Meat (edible portion, uncooked)	Percent Protein	Percent Fat	Percent Moisture	Calories per Pound
Rabbit (fryer, with giblets)	20.8	10.2	67.9	795
Chicken (fryer, with giblets)	20.0	11.0	67.6	810
Veal (medium fat)	19.1	12.0	68.0	840
Turkey (medium fat, with giblets)	20.1	20.2	58.3	1190
Lamb (medium fat)	15.7	27.7	55.8	1420
Beef (fat)	16.3	28.0	55.0	1440
Pork (medium fat)	11.9	45.0	42.0	2050

¹Taken from Circular No. 547, U.S. Department of Agriculture, Washington, D.C.

Nutrient Composition of Rabbit Meat

Nutrient	Amount of Nutrient
Crude Protein ¹	18.5%
Fat ¹	7.4%
Water ¹	71%
Ash ¹	0.64%
Unsaturated fatty acids (% of total fatty acids)	63%
Cholesterol (mg/100g)	136 ² 164 ^{2,3}

Minerals²

Zinc (mg/kg)	54
Sodium (mg/kg)	393
Potassium (g/kg)	2
Calcium (mg/kg)	130
Magnesium (mg/kg)	145
Iron (mg/kg)	29

Vitamins²

Thiamin (mg/100 g)	0.11
Riboflavin (mg/100 g)	0.37
Niacin (mg/kg)	21.2
Pyridoxine (mg/kg)	0.27
Pantothenic Acid (mg/kg)	0.10
Vitamin B ₁₂ (µg/kg)	14.9
Folic Acid (µg/kg)	40.6
Biotin (µg/kg)	2.8

Amino Acids⁴

Leucine	8.6
Lysine	8.7
Histidine	2.4
Arginine	4.8
Threonine	5.1
Valine	4.6
Methionine	2.6
Isoleucine	4.0
Phenylalanine	3.2

¹ Wet weight basis

² Dry weight basis

³ Lukefahr, S.D., C.V. Nwosu, and D.R. Rao. 1989. Cholesterol level of rabbit meat and trait relationships among growth, carcass and lean yield performances. J. Anim. Sci. 67:2009-2017

⁴ Amino acids expressed as percentage of protein.

Adapted from Rao, D.R., et al. 1979. Nutritive value of rabbit meat. The Domestic Rabbit: Potentials, Problems, and Current Research. Oregon State University Rabbit Research Center, Corvallis. Pp. 53-59.