



Braised Oxtail

 **Gluten Free**  **Dairy Free**

READY IN



110 min.

SERVINGS



10

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup garlic sliced
- 2 teaspoons ground pepper fresh
- 0.5 cup olive oil
- 2 tablespoons olive oil
- 3 cups onions
- 6 pounds oxtails (1-inch cut)
- 1.5 cups pasilla peppers red chopped
- 10 servings salt

- 1 cup scallions sliced
- 1 scotch bonnet pepper seeded chopped
- 8 sprigs thyme leaves
- 2 cups tomatoes seeded chopped
- 10 servings water
- 1.5 teaspoon allspice whole

Equipment

- bowl
- oven
- pot
- cheesecloth

Directions

- Toss the ingredients together in a large bowl, cover, and refrigerate overnight.;
- Take oxtails out of marinade and reserve onion mixture. In a heavy-bottom braiser over medium-high heat, brown both sides of oxtail in batches in olive oil, drain excess oil leaving just enough to saute onion mixture and thyme. After the onions and thyme are sauteed return oxtails to braiser and add enough water to cover 1/4 of the oxtails. Allow the liquid to come to a simmer. Put cloves and allspice into a sachet or tie in a cheesecloth, and submerge in liquid. Season with salt, cover, and put into a preheated 350 degree oven for 1 hour. Then add tomatoes, red and Scotch Bonnet peppers. Stir well and return pot to the oven for half an hour or until oxtails are tender. Check to see if additional water is needed during braising process. Seasoning with more salt is recommended when finished.;

Nutrition Facts



Properties

Glycemic Index:29.6, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:11.847391112991%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

Nutrients (% of daily need)

Calories: 763.93kcal (38.2%), Fat: 41.29g (63.52%), Saturated Fat: 15.16g (94.76%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 8.61g (3.13%), Sugar: 4.11g (4.57%), Cholesterol: 299.37mg (99.79%), Sodium: 741.57mg (32.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.76g (171.53%), Iron: 11.59mg (64.38%), Vitamin C: 43.25mg (52.43%), Vitamin K: 28.24µg (26.89%), Vitamin A: 1102.99IU (22.06%), Manganese: 0.34mg (16.98%), Vitamin B6: 0.25mg (12.37%), Calcium: 106.83mg (10.68%), Fiber: 2.43g (9.73%), Vitamin E: 1.31mg (8.73%), Folate: 31.4µg (7.85%), Potassium: 263.95mg (7.54%), Copper: 0.12mg (6.09%), Magnesium: 20.02mg (5.01%), Vitamin B1: 0.07mg (4.44%), Phosphorus: 43.73mg (4.37%), Vitamin B2: 0.06mg (3.47%), Vitamin B3: 0.6mg (3.02%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.22mg (2.15%), Selenium: 1.33µg (1.9%)