



 **44%**
HEALTH SCORE

Braised Oxtail

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



388 kcal

SIDE DISH

Ingredients

- 3 bay leaves
- 1 carrots chopped
- 1 tablespoon celery chopped
- 2 servings noodles cooked
- 2 tablespoons fat
- 2 tablespoons flour
- 2 onion sliced
- 1 oxtail cut in 2" pieces

- 2 servings bell pepper
- 2 servings bell pepper
- 2 servings salt
- 1 cup tomatoes
- 1 cup water hot

Equipment

- oven

Directions

- Brown pieces of oxtail in fat.
- Add onion, carrot and celery and cook until brown.
- Sprinkle with browned flour.
- Add hot water, tomatoes, bay leaves, cloves, salt and pepper.
- Place in casserole and cook in moderate oven (350 degrees) until tender (a minimum of 3 hours).
- Serve over cooked noodles.

Nutrition Facts



■ PROTEIN **9.57%** ■ FAT **32.86%** ■ CARBS **57.57%**

Properties

Glycemic Index:165.67, Glycemic Load:22.01, Inflammation Score:-10, Nutrition Score:24.820434782609%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg

Taste

Sweetness: 100%, Saltiness: 51.41%, Sourness: 69.68%, Bitterness: 75.62%, Savoriness: 52.38%, Fattiness: 51.39%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 387.98kcal (19.4%), Fat: 14.53g (22.35%), Saturated Fat: 5.38g (33.59%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 48.68g (17.7%), Sugar: 14.88g (16.53%), Cholesterol: 12.71mg (4.24%), Sodium: 240.04mg (10.44%), Protein: 9.52g (19.04%), Vitamin C: 211.06mg (255.83%), Vitamin A: 10410.54IU (208.21%), Manganese: 0.78mg (38.95%), Selenium: 25.76µg (36.8%), Vitamin B6: 0.72mg (35.89%), Fiber: 8.58g (34.33%), Folate: 127.8µg (31.95%), Potassium: 805.81mg (23.02%), Vitamin E: 3.12mg (20.82%), Vitamin K: 18.85µg (17.95%), Vitamin B1: 0.26mg (17.03%), Phosphorus: 157.72mg (15.77%), Vitamin B3: 3.13mg (15.64%), Iron: 2.69mg (14.97%), Magnesium: 59.49mg (14.87%), Vitamin B2: 0.25mg (14.42%), Copper: 0.24mg (12.14%), Vitamin B5: 0.9mg (8.95%), Zinc: 1.28mg (8.55%), Calcium: 66.94mg (6.69%), Vitamin D: 0.32µg (2.13%)