



Braised Oxtails

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

READY IN



45 min.

SERVINGS



4

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons firmly brown sugar packed
- 1 pound daikon peeled cut into 1-inch chunks
- 1 cup cilantro leaves fresh
- 8 slices ginger fresh thin (each the size of a quarter)
- 3 cloves garlic crushed
- 2.5 lb oxtail
- 0.3 cup rice wine (Shaoxing or sake)
- 4 servings salt

- 1 tablespoon soya sauce dark (or)
- 2 tablespoons soya sauce
- 4 star anise

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- In a 5- to 6-quart pan, bring 1 1/2 quarts water to a boil. Meanwhile, trim surface fat from oxtail. Rinse meat and add to pan. When boil resumes, skim off foam; add wine, anise, ginger, and garlic. Cover and simmer 1 hour.
- Add regular soy, dark soy, and sugar; cover and simmer 1 1/2 hours.
- Add daikon; cover and simmer until meat is very tender when pierced, 30 to 45 minutes.
- With a slotted spoon, put meat and daikon in a bowl; keep warm. Discard the fat from pan juices. Boil juices, uncovered, over high heat until reduced to about 3/4 cup, 10 to 15 minutes, then pour into bowl.
- Add cilantro; mix.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.95, Inflammation Score:-2, Nutrition Score:9.9573912724205%

Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 805.69kcal (40.28%), Fat: 37.85g (58.24%), Saturated Fat: 15.05g (94.06%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 18.3g (6.65%), Sugar: 15.58g (17.31%), Cholesterol: 311.84mg (103.95%), Sodium: 1277.9mg (55.56%), Alcohol: 2.41g (100%), Alcohol %: 0.69% (100%), Protein: 89.68g (179.35%), Iron: 12.71mg (70.63%), Vitamin C: 27.14mg (32.9%), Manganese: 0.26mg (12.88%), Potassium: 426.13mg (12.18%), Vitamin K: 12.78µg (12.17%), Calcium: 121.56mg (12.16%), Copper: 0.21mg (10.33%), Magnesium: 40.58mg (10.15%), Folate: 36.55µg (9.14%), Fiber: 2.27g (9.09%), Vitamin B6: 0.15mg (7.71%), Vitamin A: 273.23IU (5.46%), Phosphorus: 51.71mg (5.17%), Vitamin B3: 0.76mg (3.8%), Selenium: 2.51µg (3.58%), Vitamin B5: 0.29mg (2.95%), Vitamin B2: 0.05mg (2.92%), Vitamin B1: 0.04mg (2.77%), Zinc: 0.34mg (2.28%)