



Braised Oxtails and Vegetables



Gluten Free



Dairy Free

READY IN



395 min.

SERVINGS



8

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz beef broth fat-free canned
- ☐ 15 oz canned tomatoes diced drained canned
- ☐ 4 carrots peeled coarsely chopped
- ☐ 8 servings grits hot cooked
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 4 pounds oxtails
- ☐ 0.5 teaspoon pepper

- ☐ 1.5 teaspoons salt
- ☐ 1 medium size onion sweet cut into 8 wedges
- ☐ 1 tablespoon vegetable oil

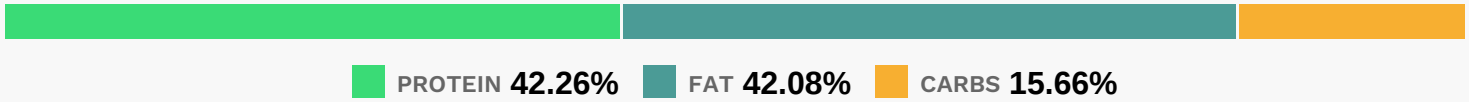
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Rinse oxtails, and pat dry.
- ☐ Remove and discard silver skin, if necessary.
- ☐ Sprinkle oxtails with salt and pepper.
- ☐ Cook oxtails in hot oil in a Dutch oven over medium heat 10 minutes on each side or until browned.
- ☐ Transfer oxtails to a 6-qt. slow cooker.
- ☐ Add broth and next 5 ingredients to slow cooker. Cover and cook on HIGH 6 hours or until meat is tender.
- ☐ Serve over hot cooked grits.
- ☐ Sprinkle with chopped fresh thyme, if desired.
- ☐ Braised Short Ribs and Vegetables: Substitute 4 lb. beef short ribs, trimmed and cut in half, for oxtails. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:14.110434845738%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg

Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 713.2kcal (35.66%), Fat: 32.55g (50.08%), Saturated Fat: 12.42g (77.63%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 24.1g (8.76%), Sugar: 5.97g (6.64%), Cholesterol: 249.48mg (83.16%), Sodium: 1157.6mg (50.33%), Alcohol: 1.58g (100%), Alcohol %: 0.37% (100%), Protein: 73.56g (147.13%), Vitamin A: 5215.46IU (104.31%), Iron: 10.82mg (60.09%), Folate: 56.25µg (14.06%), Vitamin B1: 0.2mg (13.56%), Fiber: 3.16g (12.64%), Manganese: 0.25mg (12.45%), Vitamin K: 12.44µg (11.85%), Vitamin B3: 2.32mg (11.6%), Vitamin B6: 0.22mg (11.2%), Vitamin C: 8.74mg (10.59%), Potassium: 358.76mg (10.25%), Calcium: 89.14mg (8.91%), Vitamin B2: 0.13mg (7.94%), Vitamin E: 1.05mg (6.99%), Copper: 0.14mg (6.86%), Magnesium: 25.56mg (6.39%), Phosphorus: 62.69mg (6.27%), Selenium: 4.18µg (5.98%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.45mg (3%)