

Country Oxtails



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



4

CALORIES



1237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 cup pepper black
- ☐ 1 can beef broth
- ☐ 8 ounce tomato sauce canned
- ☐ 4 medium carrots cut into 2-inch lengths
- ☐ 1 teaspoon basil dried
- ☐ 6 cloves garlic cut in 1/2
- ☐ 0.3 cup garlic powder

- ☐ 6 small new potatoes red cut in 1/2
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 3 pounds oxtails
- ☐ 1 cup red wine
- ☐ 1 pot buttered rice hot
- ☐ 1 cup salt
- ☐ 0.5 vidalia onion cut into 6 wedges
- ☐ 1 tablespoon worcestershire sauce

Equipment

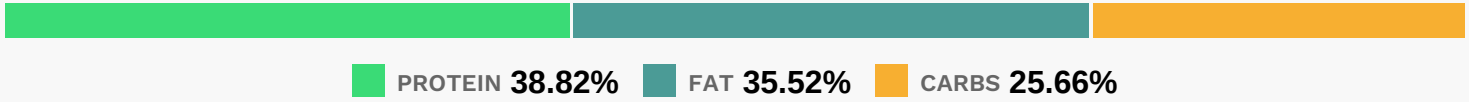
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Preheat oven to 300 to 350 degrees F.
- ☐ Sprinkle the oxtails liberally with House Seasoning on both sides.
- ☐ Coat the bottom of a heavy oven-proof Dutch oven with the olive oil. Once heated, add the oxtails and sear on all sides.
- ☐ Remove and set aside. Scrape up the brown bits from the bottom of the pan.
- ☐ Add the beef broth, red wine, Worcestershire sauce, and garlic cloves. Stir.
- ☐ Add basil, oregano, bay leaves, hot sauce, tomato sauce, and the reserved oxtails. Stir to combine all ingredients together.
- ☐ Cover tightly, place in oven, and bake for 2 to 3 hours.
- ☐ Remove from oven and bring to a simmer on stove top.

- ☐
- Add the sweet onion wedges, red potatoes, garlic and carrots to the pot. Cover and simmer until potatoes are almost tender, roughly 15 minutes.
- ☐
- Serve oxtails with the vegetables over hot buttered rice.
- ☐
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:5.99, Inflammation Score:-10, Nutrition Score:35.874347956284%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1237.1kcal (61.86%), Fat: 47.6g (73.24%), Saturated Fat: 18.65g (116.55%), Carbohydrates: 77.35g (25.78%), Net Carbohydrates: 64.59g (23.49%), Sugar: 11.6g (12.89%), Cholesterol: 374.21mg (124.74%), Sodium: 29788.52mg (1295.15%), Alcohol: 6.36g (100%), Alcohol %: 0.78% (100%), Protein: 117.06g (234.12%), Vitamin A: 10553.73IU (211.07%), Manganese: 2.86mg (143.2%), Iron: 19.88mg (110.45%), Potassium: 2152.25mg (61.49%), Vitamin B6: 1.03mg (51.27%), Fiber: 12.76g (51.02%), Vitamin K: 49.78µg (47.41%), Vitamin C: 33.65mg (40.79%), Copper: 0.79mg (39.63%), Phosphorus: 327.1mg (32.71%), Magnesium: 127.35mg (31.84%), Vitamin B3: 5.52mg (27.59%), Calcium: 262.69mg (26.27%), Vitamin B1: 0.38mg (25.07%), Folate: 86.89µg (21.72%), Vitamin B2: 0.26mg (15.58%), Vitamin B5: 1.49mg (14.86%), Zinc: 2.04mg (13.58%), Vitamin E: 1.77mg (11.83%), Selenium: 7.83µg (11.18%), Vitamin B12: 0.08µg (1.27%)