



## Filipino Oxtail Stew

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

READY IN



**155 min.**

SERVINGS



**6**

CALORIES



**404 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds beef oxtail cut into pieces
- 0.5 head bok choy cut into 1-inch pieces
- 1 large eggplant cut into 2-inch chunks
- 0.5 pound green beans fresh trimmed
- 2 cloves garlic chopped
- 0.5 teaspoon ground pepper black to taste
- 1 large onion quartered
- 0.3 cup peanut butter or as needed

1 teaspoon salt

## Equipment

bowl

sauce pan

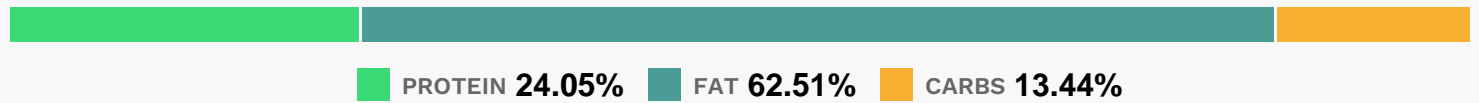
## Directions

Fill a large saucepan with water, and drop in the oxtail pieces, onion, garlic, salt, and pepper. Bring to a boil, and simmer for 2 hours over medium-low heat, skimming the foam occasionally, until the oxtail meat is very tender and the broth is reduced to 3 cups.

Stir in the eggplant, bok choy, and green beans, and simmer for about 20 minutes, until the vegetables are tender.

Just before serving, place the peanut butter in a small bowl and thin with 1 or 2 tablespoons of broth. Stir until smooth and add to the stew.

## Nutrition Facts



## Properties

Glycemic Index:29.83, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:25.508695592051%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

## Nutrients (% of daily need)

Calories: 404.02kcal (20.2%), Fat: 28.57g (43.95%), Saturated Fat: 9.86g (61.65%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 8.8g (3.2%), Sugar: 6.95g (7.73%), Cholesterol: 80.51mg (26.84%), Sodium: 560.17mg (24.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.47%), Vitamin A: 3407.47IU (68.15%), Vitamin K: 53.24µg (50.7%), Vitamin C: 39.95mg (48.43%), Vitamin B12: 2.43µg (40.45%), Vitamin B3: 7.38mg (36.92%), Zinc: 5.42mg (36.11%), Vitamin B6: 0.71mg (35.51%), Manganese: 0.61mg (30.51%), Phosphorus: 283.24mg (28.32%), Selenium: 18.53µg (26.47%), Folate: 97.46µg (24.36%), Potassium: 840.57mg (24.02%), Fiber: 5.01g (20.06%), Iron:

3.6mg (20%), Magnesium: 73.93mg (18.48%), Vitamin B2: 0.31mg (18.42%), Calcium: 128.57mg (12.86%), Vitamin E: 1.9mg (12.66%), Copper: 0.23mg (11.61%), Vitamin B1: 0.17mg (11.07%), Vitamin B5: 1.08mg (10.83%)