



Michael's Favorite Oxtails with Buttered Rice

 Gluten Free

READY IN



250 min.

SERVINGS



2

CALORIES



1316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 to 4 bay leaves
- ☐ 0.3 cup pepper black
- ☐ 1 stick butter
- ☐ 0.3 cup garlic powder
- ☐ 2 servings kosher salt
- ☐ 2 oxtails whole sliced into 2-inch pieces
- ☐ 2 cups rice uncooked
- ☐ 1 cup salt

- ☐ 1 dashes several soy sauce
- ☐ 4 cups water
- ☐ 2 large onions yellow peeled sliced into half-moons

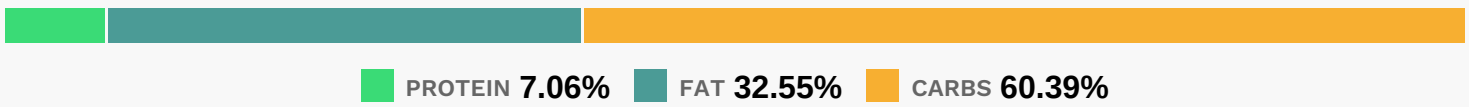
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Trim fat from oxtails. In a broiling pan, toss oxtails with House Seasoning and soy sauce. Top with onions and bay leaves.
- ☐ Add water to fill pan 1/4 of the way to the top. Cover pan with foil and bake until oxtails are tender, about 2 1/2 to 4 hours. Prepare rice according to package directions, adding butter and salt, to taste.
- ☐ Serve rice alongside oxtails.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:95.09, Glycemic Load:96.74, Inflammation Score:-9, Nutrition Score:32.42304315256%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 1315.71kcal (65.79%), Fat: 48.52g (74.64%), Saturated Fat: 29.98g (187.37%), Carbohydrates: 202.51g (67.5%), Net Carbohydrates: 187.37g (68.13%), Sugar: 7.53g (8.37%), Cholesterol: 122.57mg (40.86%), Sodium: 57236.24mg (2488.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.32%), Manganese: 6.43mg (321.43%), Fiber: 15.14g (60.57%), Copper: 1.14mg (56.87%), Selenium: 37.92µg (54.17%), Vitamin B6: 1.06mg (53.2%), Vitamin K: 53.27µg (50.73%), Phosphorus: 439.79mg (43.98%), Iron: 6.95mg (38.6%), Magnesium: 142.3mg (35.57%), Potassium: 1204.73mg (34.42%), Vitamin A: 1585.98IU (31.72%), Calcium: 305.14mg (30.51%), Vitamin B5: 2.76mg (27.58%), Zinc: 3.76mg (25.07%), Vitamin B1: 0.36mg (24.15%), Vitamin B3: 3.75mg (18.77%), Folate: 64.28µg (16.07%), Vitamin B2: 0.25mg (14.51%), Vitamin C: 11.52mg (13.97%), Vitamin E: 2.05mg (13.67%), Vitamin B12: 0.1µg (1.6%)