



Oxtail Pâté (Pate)

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pounds oxtails cooked
- ☐ 1 onion chopped
- ☐ 6 Tbsp butter unsalted softened
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons bottled peppercorns green drained
- ☐ 2 Tbsp beef broth
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon salt

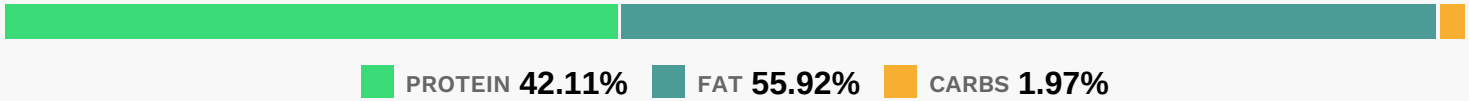
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Prepare oxtails: Carefully pick through and discard the fat and bones from the oxtails.
- ☐ Place the meat in a food processor.
- ☐ Heat 2 Tbsp of butter in a large skillet on medium high heat.
- ☐ Add the chopped onions. Cook until translucent and lightly browned, about 5-10 minutes.
- ☐ Process oxtail meat, onions, butter, juice, peppercorns, bouillon, cloves, salt in food processor:
- ☐ Add the cooked onions to the oxtail meat in the food processor.
- ☐ Add 4 Tbsp more of butter, the orange juice, peppercorns, bouillon or broth, cloves and salt.
- ☐ Pulse until the mixture is finely minced, but not completely smooth.
- ☐ the pâté into a crock or mold of some sort. The pâté will keep several days in the fridge, covered.
- ☐ Bring to room temperature for serving, and serve with crusty bread or crackers.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:2.4873912781477%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 405.92kcal (20.3%), Fat: 24.95g (38.39%), Saturated Fat: 11.59g (72.41%), Carbohydrates: 1.97g (0.66%),
Net Carbohydrates: 1.76g (0.64%), Sugar: 1.17g (1.3%), Cholesterol: 168mg (56%), Sodium: 529.38mg (23.02%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.28g (84.56%), Iron: 5.44mg (30.22%), Vitamin C: 4.95mg
(6%), Vitamin A: 229.71IU (4.59%), Calcium: 33.18mg (3.32%), Manganese: 0.03mg (1.58%), Vitamin E: 0.21mg
(1.37%), Folate: 4.89µg (1.22%), Potassium: 36.54mg (1.04%)