



## Oxtail Ragout

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 allspice
- 1 bay leaves
- 4 servings flour for dredging
- 1 Clove garlic minced
- 2 tablespoons juice of lemon
- 1 cup onion chopped
- 2 lbs oxtail
- 0.3 teaspoon paprika

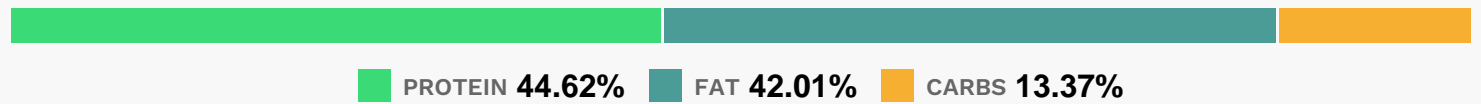
- 4 servings bell pepper
- 4 servings bell pepper
- 4 servings salt
- 1 cup sacramento tomato juice
- 0.5 cup water

## Equipment

## Directions

- Combine 1 teaspoon of salt, pepper, paprika, and flour.
- Roll oxtails in seasoned flour, brown thoroughly in hot fat.
- Add remaining ingredientsexcept lemon juice. Cover, simmer 3 hours,
- Remove allspice and bay leaf.
- Serve with hot, buttered noodles. Good with rice too.

## Nutrition Facts



## Properties

Glycemic Index:64.33, Glycemic Load:7.65, Inflammation Score:-9, Nutrition Score:20.304347826087%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

## Nutrients (% of daily need)

Calories: 656.02kcal (32.8%), Fat: 30.64g (47.15%), Saturated Fat: 12.13g (75.8%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 17.58g (6.39%), Sugar: 10.35g (11.5%), Cholesterol: 249.48mg (83.16%), Sodium: 649.41mg (28.24%), Protein: 73.24g (146.48%), Vitamin C: 207.99mg (252.1%), Vitamin A: 5003.54IU (100.07%), Iron: 10.38mg (57.66%), Vitamin B6: 0.57mg (28.42%), Folate: 103.68µg (25.92%), Fiber: 4.36g (17.46%), Vitamin E: 2.61mg (17.4%),

Manganese: 0.33mg (16.65%), Potassium: 534.73mg (15.28%), Vitamin B1: 0.19mg (12.67%), Vitamin B3: 2.38mg (11.92%), Vitamin B2: 0.2mg (11.59%), Vitamin K: 8.99µg (8.57%), Magnesium: 31.54mg (7.88%), Calcium: 76.16mg (7.62%), Vitamin B5: 0.72mg (7.24%), Phosphorus: 71.66mg (7.17%), Copper: 0.1mg (4.93%), Selenium: 3.2µg (4.57%), Zinc: 0.61mg (4.05%)