



Oxtail Soup Mix Pot Roast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb beef rump
- 12 oz beer
- 1.8 oz oxtail soup mix
- 2 onions peeled sliced (1 lb. total)

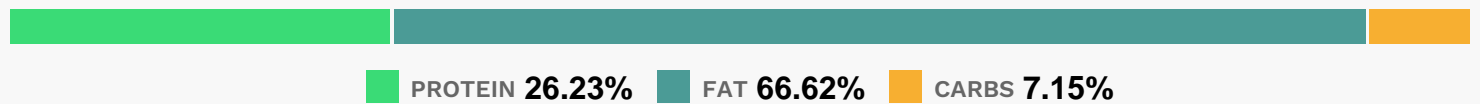
Equipment

- bowl
- frying pan

Directions

- Wipe meat with a damp towel.
- Place a 5- to 6-quart pan over high heat and add oil (if desired).
- Add meat and brown lightly all over, turning as needed, about 5 minutes.
- Transfer meat to a bowl.
- Add onions and 2 tablespoons water to pan. Stir frequently until onions are lightly browned, about 5 minutes.
- Add beer, soup mix, and 1 cup water to pan; stir to release browned bits.
- Add beef and any juice. Bring to a boil, reduce heat, cover, and simmer gently until meat is very tender when pierced, about 3 hours.
- Lift meat onto a platter and keep warm.
- Let stand at least 10 minutes to slice neatly. Meanwhile, if needed, boil sauce, uncovered, over high heat, stirring occasionally, until reduced to 3 cups.
- Slice roast and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:15.68304361071%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 480.02kcal (24%), Fat: 34.07g (52.41%), Saturated Fat: 13.07g (81.68%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.34g (2.67%), Sugar: 1.46g (1.63%), Cholesterol: 120.77mg (40.26%), Sodium: 629.03mg (27.35%), Alcohol: 1.66g (100%), Alcohol %: 0.85% (100%), Protein: 30.18g (60.36%), Vitamin B12: 3.65µg (60.81%),

Zinc: 7.23mg (48.22%), Vitamin B3: 7.53mg (37.67%), Selenium: 26.23µg (37.47%), Vitamin B6: 0.64mg (31.95%), Phosphorus: 296.14mg (29.61%), Iron: 3.45mg (19.14%), Vitamin B2: 0.29mg (16.9%), Potassium: 556.88mg (15.91%), Vitamin B5: 0.96mg (9.6%), Magnesium: 38.05mg (9.51%), Vitamin B1: 0.11mg (7.05%), Copper: 0.14mg (6.96%), Manganese: 0.1mg (4.92%), Folate: 19.68µg (4.92%), Calcium: 47.76mg (4.78%), Vitamin E: 0.71mg (4.74%), Fiber: 0.89g (3.55%), Vitamin K: 3.26µg (3.11%), Vitamin C: 2.25mg (2.73%), Vitamin D: 0.17µg (1.13%)