



Oxtail Vegetable Soup

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



134 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup barley
- ☐ 0.3 large head cabbage coarsely chopped
- ☐ 29 ounce tomatoes whole undrained canned
- ☐ 4 carrots thinly sliced
- ☐ 4 stalks celery cleaned thinly sliced
- ☐ 0.5 pound green beans fresh
- ☐ 16 ounce cut okra undrained canned
- ☐ 3 medium onions chopped

- ☐ 2 oxtails cut into 2-inch pieces
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 2 cups vegetable cocktail juice
- ☐ 1 cup water

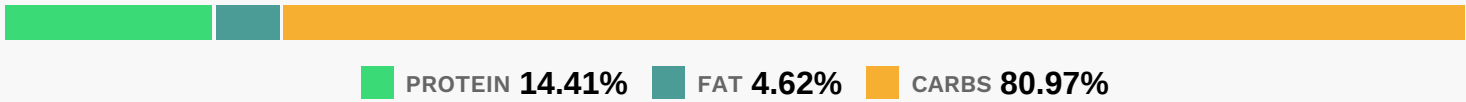
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Combine all ingredients in a large stock pot; bring to a boil. Reduce heat; cover and simmer 3 hours.
- ☐ Remove oxtails.
- ☐ Remove meat; coarsely chop, discarding bones.
- ☐ Add meat to soup.
- ☐ Ladle soup into individual serving bowls; serve warm.

Nutrition Facts



Properties

Glycemic Index:40.89, Glycemic Load:7.37, Inflammation Score:-10, Nutrition Score:21.199565224026%

Flavonoids

Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

0.07mg, Myricetin: 0.07mg Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg

Nutrients (% of daily need)

Calories: 133.6kcal (6.68%), Fat: 0.74g (1.14%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 21.38g (7.77%), Sugar: 10.04g (11.15%), Cholesterol: 0.22mg (0.07%), Sodium: 710.76mg (30.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.45%), Vitamin A: 5158.71IU (103.17%), Vitamin C: 50.97mg (61.78%), Vitamin K: 58.55µg (55.77%), Manganese: 0.9mg (44.79%), Fiber: 7.97g (31.86%), Potassium: 716.18mg (20.46%), Vitamin B6: 0.39mg (19.44%), Vitamin B1: 0.29mg (19.28%), Folate: 74µg (18.5%), Magnesium: 71.07mg (17.77%), Iron: 2.3mg (12.76%), Calcium: 119.39mg (11.94%), Phosphorus: 118.56mg (11.86%), Copper: 0.23mg (11.57%), Vitamin B3: 2.24mg (11.22%), Vitamin B2: 0.18mg (10.61%), Selenium: 6.1µg (8.71%), Vitamin E: 1.11mg (7.41%), Zinc: 1.01mg (6.74%), Vitamin B5: 0.51mg (5.12%)