



Oxtails with Gravy

 Dairy Free  Popular

READY IN



220 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 2 pounds beef oxtail
- 2 cups broth from oxtails cooked
- 2 dashes browning sauce
- 2 tablespoons flour all-purpose
- 1 clove garlic minced
- 6 servings garlic powder to taste
- 1 onion chopped

- 1 teaspoon pepper
- 1 tablespoon salt
- 6 servings salt and pepper to taste
- 1 tablespoon greek seasoning
- 1 teaspoon seasoning salt

Equipment

- frying pan
- pot
- stove

Directions

- Place oxtails, garlic, onions, 1 tablespoon salt, 1 teaspoon pepper, Greek seasoning, and seasoning salt in a large stock pot. Fill with enough water to cover oxtails, and place over high heat. Bring to a boil. Cover, and reduce heat to medium. Cook for 2 1/2 to 3 hours.
- Remove from heat, and reserve 2 cups broth.
- Warm bacon drippings in a skillet over medium heat. Stir in flour, and cook for 3 minutes, stirring constantly. Stir in broth and browning sauce. Season to taste with salt, pepper, and garlic powder. Cook, stirring constantly, until gravy thickens.
- Remove from heat.
- Place oxtails in skillet, and stir to coat with gravy. Return to stove, and cook over medium-low heat for 5 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:2.43, Inflammation Score:-3, Nutrition Score:16.341304436974%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 464.96kcal (23.25%), Fat: 35.07g (53.95%), Saturated Fat: 13.48g (84.27%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 7.16g (2.6%), Sugar: 1.7g (1.89%), Cholesterol: 111.78mg (37.26%), Sodium: 2169.76mg (94.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.41%), Vitamin B12: 3.24µg (53.93%), Zinc: 6.54mg (43.63%), Selenium: 24.54µg (35.06%), Vitamin B3: 6.71mg (33.53%), Vitamin B6: 0.59mg (29.7%), Phosphorus: 264.27mg (26.43%), Iron: 4.22mg (23.44%), Vitamin K: 18.69µg (17.8%), Vitamin B2: 0.26mg (15.26%), Potassium: 511.31mg (14.61%), Manganese: 0.26mg (13.18%), Magnesium: 37.79mg (9.45%), Vitamin B5: 0.85mg (8.45%), Calcium: 77mg (7.7%), Vitamin E: 1.13mg (7.51%), Vitamin B1: 0.11mg (7.46%), Fiber: 1.79g (7.17%), Copper: 0.14mg (7.09%), Folate: 25.96µg (6.49%), Vitamin A: 211.01IU (4.22%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.27µg (1.79%)