



## Red Wine Stewed Oxtail

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 16 oz canned tomatoes chopped canned
- 3 cloves garlic roughly chopped
- 6 servings olive oil
- 2 lbs oxtail
- 6 servings red wine
- 6 servings salt and pepper
- 1 medium onion yellow sliced

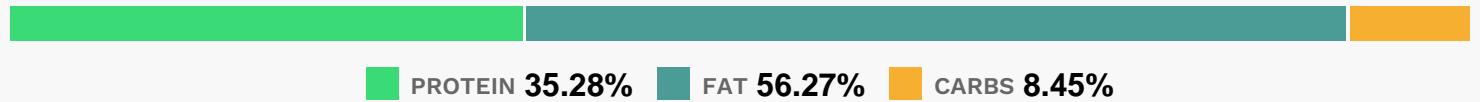
# Equipment

pressure cooker

# Directions

In a large stockpot or pressure cooker, brown the onions, garlic and oxtail in a splash of olive oil. After browning, add the red wine (and chicken stock if you need more liquid) until it just covers the oxtail. Toss in the bay leaf, a good pinch of salt and freshly cracked black pepper. Bring to a boil, then reduce to simmer; cover. If you are using a stockpot allow the oxtail to simmer for a few hours, or until the meat starts to fall easily from the bone. If you are using a pressure cooker, cook for about 40 minutes.

# Nutrition Facts



# Properties

Glycemic Index:18.33, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:8.6734782608696%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 655.98kcal (32.8%), Fat: 34.24g (52.68%), Saturated Fat: 9.97g (62.31%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 9.79g (3.56%), Sugar: 5.03g (5.59%), Cholesterol: 166.32mg (55.44%), Sodium: 594.06mg

(25.83%), Alcohol: 15.58g (86.57%), Protein: 48.3g (96.6%), Iron: 7.8mg (43.32%), Vitamin E: 2.97mg (19.77%), Manganese: 0.38mg (19.15%), Potassium: 441.24mg (12.61%), Vitamin K: 13.12µg (12.5%), Vitamin B6: 0.24mg (11.9%), Vitamin C: 8.79mg (10.65%), Magnesium: 34.99mg (8.75%), Copper: 0.17mg (8.32%), Calcium: 75.03mg (7.5%), Fiber: 1.78g (7.14%), Phosphorus: 65.63mg (6.56%), Vitamin B3: 1.29mg (6.43%), Vitamin B2: 0.09mg (5.39%), Vitamin B1: 0.08mg (5.03%), Folate: 14.86µg (3.71%), Vitamin A: 167.01IU (3.34%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.29mg (2.86%), Selenium: 1.05µg (1.5%)