



Sunday Supper: Red Wine and Tomato Braised Oxtails

 Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



4

CALORIES



1093 kcal

BEVERAGE

DRINK

Ingredients

- 28 ounce canned tomatoes whole canned
- 4 servings kosher salt black
- 4 servings olive oil
- 1 large sprig oregano fresh
- 3 pounds oxtail
- 1 cup red wine
- 3 large shallots thinly sliced

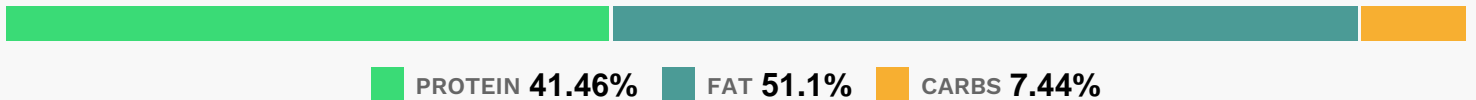
Equipment

- frying pan
- oven
- stove

Directions

- Preheat oven to 325 °.
- Heat large braising dish over medium high heat, drizzle with olive oil, and season oxtails with salt and pepper. When oil is shimmering add oxtails to braising dish. Sear oxtails on all sides until deep golden brown.
- Once oxtails are brown remove from pan and reserve.
- Add sliced shallots stirring to scarp up brown bits from bottom of pan until shallots begin to take on some color, about 8 minutes.
- Add oxtails back to pan, pour over red wine and can of whole stewed tomatoes and bring to a simmer on stove top. Cover with lid and place in the oven until oxtails are fork tender, about 3 hours.
- Once oxtails are tender remove tails and sprig of oregano from braising liquid and reduce liquid over medium high heat until thick enough to coat the back of a spoon, about 20 minutes. Warm oxtails in reduced sauce before serving.
- Serve with fluffy mashed potatoes and more red wine.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:5.07, Inflammation Score:-7, Nutrition Score:16.251304253288%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg
Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin:
0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:
0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg
Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg,
Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1093.37kcal (54.67%), Fat: 59.6g (91.7%), Saturated Fat: 20.02g (125.12%), Carbohydrates: 19.53g (6.51%),
Net Carbohydrates: 14.94g (5.43%), Sugar: 10.6g (11.78%), Cholesterol: 374.21mg (124.74%), Sodium: 1120.77mg
(48.73%), Alcohol: 6.36g (100%), Alcohol %: 1.27% (100%), Protein: 108.79g (217.59%), Iron: 16.82mg (93.43%),
Vitamin E: 4.6mg (30.64%), Manganese: 0.52mg (26.13%), Vitamin C: 19.77mg (23.96%), Vitamin K: 22.44µg
(21.38%), Potassium: 726.75mg (20.76%), Vitamin B6: 0.4mg (20.09%), Copper: 0.39mg (19.48%), Fiber: 4.58g
(18.33%), Calcium: 155.49mg (15.55%), Vitamin B3: 2.62mg (13.1%), Magnesium: 52.18mg (13.05%), Vitamin B1:
0.16mg (10.93%), Phosphorus: 89.29mg (8.93%), Vitamin A: 437.12IU (8.74%), Folate: 33.96µg (8.49%), Vitamin B2:
0.13mg (7.54%), Vitamin B5: 0.63mg (6.29%), Zinc: 0.71mg (4.73%), Selenium: 1.56µg (2.23%)