



Taiwanese Style Oxtail Stew

 Dairy Free

READY IN



245 min.

SERVINGS



6

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds beef oxtail
- ☐ 14 ounce beef broth canned
- ☐ 3 carrots cut into 1/2 inch pieces
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup red wine
- ☐ 2 tablespoons soya sauce
- ☐ 1 large tomatoes chopped
- ☐ 3 tablespoons tomato paste

- ☐ 2 large tomatoes cubed
- ☐ 2 tablespoons vegetable oil
- ☐ 1 large onion yellow cut into 1/2 inch pieces

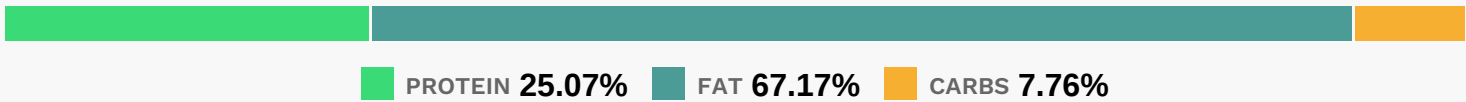
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven or large pot with a lid over medium-high heat. Coat the oxtails in the flour and place in the Dutch oven. Cook until browned on each side. Stir in the 2 diced tomatoes, red wine, and enough water to cover the meat. Bring to a boil, then reduce heat to low. Cook for 3 hours, adding additional water or beef broth if the liquid becomes low.
- ☐ After 3 hours, skim off some of the fat from the top and heat it in a skillet. Cook and stir the onion until browned, about 8 minutes. Stir in the chopped tomato and carrots. Cook for about 3 minutes. Stir in the beef broth, soy sauce, and tomato paste. Bring to a boil, then stir the onion mixture into the oxtail. Allow to cook for 20 minutes, stirring in more water if the liquid becomes too low.

Nutrition Facts



Properties

Glycemic Index:49.97, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:30.376521846522%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin:

0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 695.91kcal (34.8%), Fat: 50.39g (77.52%), Saturated Fat: 18.22g (113.9%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 10.29g (3.74%), Sugar: 6.11g (6.78%), Cholesterol: 161.03mg (53.68%), Sodium: 823.83mg (35.82%), Alcohol: 2.12g (100%), Alcohol %: 0.56% (100%), Protein: 42.3g (84.61%), Vitamin A: 5976.26IU (119.53%), Vitamin B12: 4.9µg (81.66%), Zinc: 9.87mg (65.81%), Vitamin B3: 11.65mg (58.24%), Selenium: 36µg (51.42%), Vitamin B6: 0.93mg (46.29%), Phosphorus: 428.44mg (42.84%), Potassium: 1119.76mg (31.99%), Iron: 5.49mg (30.51%), Vitamin B2: 0.43mg (25.36%), Vitamin K: 24.73µg (23.56%), Vitamin C: 17.87mg (21.66%), Magnesium: 64.76mg (16.19%), Vitamin E: 2.34mg (15.63%), Manganese: 0.31mg (15.32%), Vitamin B5: 1.4mg (13.98%), Copper: 0.26mg (12.93%), Vitamin B1: 0.19mg (12.87%), Folate: 48.21µg (12.05%), Fiber: 2.81g (11.26%), Calcium: 75.76mg (7.58%), Vitamin D: 0.23µg (1.51%)