



Wine-Braised Oxtails

 Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



1209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 carrots chopped
- 2 rib celery stalks chopped
- 6 servings rice hot cooked
- 2 cups wine dry red
- 6 parsley fresh
- 0.3 cup flour all-purpose
- 8 oz mushrooms fresh quartered

- 6 garlic clove sliced
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 2 medium onion chopped
- 5 pounds oxtail
- 1 teaspoon pepper freshly ground
- 2 sprigs rosemary leaves fresh (3-inch)
- 6 oz canned tomatoes canned

Equipment

- frying pan
- whisk
- slotted spoon
- slow cooker

Directions

- Place first 7 ingredients in a 6-qt. slow cooker.
- Toss oxtails with salt and pepper.
- Sprinkle with flour; toss to coat. Cook oxtails, in 2 batches, in hot oil in a large skillet over medium heat 3 to 4 minutes on each side or until well browned.
- Transfer oxtails to slow cooker, reserving drippings in skillet.
- Add wine to reserved drippings in skillet; cook 1 minute, stirring to loosen brown bits from bottom of skillet.
- Whisk in tomato paste; cook, stirring often, 2 minutes.
- Pour over oxtails.
- Cover and cook on LOW 5 to 6 hours.
- Add mushrooms; cook 1 more hour.
- Remove oxtails and vegetables using a slotted spoon. Discard bay leaves and herbs. Skim fat from juices in slow cooker; season with salt and pepper.

Serve immediately over oxtails, vegetables, and hot cooked rice.

Nutrition Facts

PROTEIN 42.83% **FAT 43.71%** **CARBS 13.46%**

Properties

Glycemic Index:75.64, Glycemic Load:29.38, Inflammation Score:-9, Nutrition Score:17.175217400426%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 1209.21kcal (60.46%), Fat: 55.28g (85.05%), Saturated Fat: 20.77g (129.82%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 35.53g (12.92%), Sugar: 4.61g (5.13%), Cholesterol: 415.79mg (138.6%), Sodium: 1565.68mg (68.07%), Alcohol: 8.4g (100%), Alcohol %: 1.57% (100%), Protein: 121.85g (243.71%), Iron: 16.26mg (90.33%), Vitamin A: 3549.44IU (70.99%), Manganese: 0.65mg (32.7%), Vitamin K: 24.25µg (23.1%), Selenium: 12.03µg (17.18%), Copper: 0.27mg (13.67%), Vitamin B2: 0.23mg (13.51%), Vitamin B6: 0.27mg (13.48%), Vitamin B3: 2.62mg (13.08%), Calcium: 119.53mg (11.95%), Vitamin C: 9.61mg (11.65%), Fiber: 2.77g (11.06%), Vitamin B5: 1.1mg (11.04%), Potassium: 378.56mg (10.82%), Phosphorus: 104.76mg (10.48%), Vitamin B1: 0.15mg (9.74%), Folate: 34.73µg (8.68%), Vitamin E: 1.22mg (8.14%), Magnesium: 27.75mg (6.94%), Zinc: 0.86mg (5.74%)