Joule CRAFTED NUTRITION

# OXTAIL TACOS

## INGREDIENTS

Beef Oxtail
Cassava Tortilla
Cilantro
Radish
Lime Juice
Red Cabbage
Kimchi Cabbage
Salad Mix
Microgreens

## NUTRIENTS IN ONE SERVING

| GENERAL | AMOUNT | % DV |
|---|---|---|
| Energy/Calories | 359.4 | 18 |
| Caffeine | 0 | 0 |
| Water | 172.26g | 11.5 |

| VITAMINS | AMOUNT | % DV |
|---|---|---|
| B1 (THIAMINE) | .14mg | 9.4 |
| B2 (Riboflavin) | .29mg | 17.1 |
| B3 (Niacin) | 7.14mg | 35.7 |
| B5 (Pantothenic Acid) | .96mg | 9.6 |
| B6 (Pyridoxine) | .7mg | 35.1 |
| B12 (Cobalamin) | 1.27mcg | 21.2 |
| Biotin | 2mcg | .7 |
| Choline | 129.83mg | 23.6 |
| Folate | 58.61mcg | 14.7 |
| Vitamin A | 7939.67IU | 158.8 |
| Alpha-Carotene | 574.21mcg | |
| Beta-Carotene | 3479mcg | |
| Beta-Cryptoxanthin | 1613mcg | |
| Lutein+Zeaxanthin | 322mcg | |
| Lycopene | 1.75mcg | |
| Retinol | 13mcg | |
| Retinol Activity Equiv. | 394mcg | |
| Vitamin C | 24.81mg | 41.4 |
| Vitamin D | 31.47mcg | 7.9 |
| Vitamin E | 1.9mg | 9.4 |
| Beta Tocopherol | 0 | |
| Delta Tocopherol | <.01mg | |
| Gamma Tocopherol | .09mg | |
| Vitamin K | 108mcg | 135.1 |

| MINERALS | AMOUNT | % DV |
|---|---|---|
| Calcium | 109.42mg | 10.9 |
| Chromium | .4mcg | .3 |
| Copper | .18mg | 9.2 |
| Fluoride | - | - |
| Iodine | .33mcg | .2 |
| Iron | 5.08mg | 28.2 |
| Magnesium | 50.70mg | 12.7 |
| Manganese | .33mg | 16.4 |
| Molybdenum | .58mcg | .8 |
| Phosphorus | 725.67mg | 23.7 |
| Potassium | 236.87mg | 20.7 |
| Selenium | 28.25mcg | 40.4 |
| Sodium | 589.17mg | 24.5 |
| Zinc | 4.55mg | 30.3 |

| CARBOHYDRATES | AMOUNT | % DV |
|---|---|---|
| Carbs | 32.57g | 10.9 |
| Fiber | 5.09g | 20.4 |
| Starch | 14.25g | - |
| Sugars | 2.16g | - |
| Fructose | .29g | - |
| Galactose | <.01g | - |
| Glucose | .47g | - |
| Lactose | 0 | - |
| Maltose | 0 | - |
| Sucrose | .08g | - |
| Added Sugars | 0 | 0 |
| Sugar Alcohol | .02g | - |
| Net Carbs | 27.47g | - |

| LIPIDS | AMOUNT | % DV |
|---|---|---|
| Fat | 14.18g | 21.8 |
| Monounsaturated | 5.94g | |
| Polyunsaturated | .72g | |
| Omega-3 | .18g | |
| Omega-6 | .54g | |
| Saturated | 5.39g | 26.9 |
| Trans-Fat | .58g | |
| Cholesterol | 100.01g | 33.3 |
| Phytosterol | - | |

| PROTEIN | AMOUNT | % DV |
|---|---|---|
| Protein | 26.02g | 52 |
| Alanine | 1.45g | - |
| Arginine | 1.55g | - |
| Aspartic Acid | 2.23g | - |
| Cystine | .32g | - |
| Glutamic Acid | 3.64g | - |
| Glycine | 1.43g | - |
| Histidine | .75g | - |
| Hydroxyproline | - | - |
| Isoleucine | 1.11g | - |
| Leucine | 1.92g | - |
| Lysine | 2g | - |
| Methionine | .63g | - |
| Phenylalanine | .97g | - |
| Proline | 1.14g | - |
| Serine | .99g | - |
| Threonine | .97g | - |
| Tryptophan | .17g | - |
| Tyrosine | .78g | - |
| Valine | 1.21g | - |

At Joule Crafted Nutrition, we believe Nutrients > Calories.

**JOULECRAFTEDNUTRITION.COM**
**/jool/** *noun*: a unit of energy
4615 NE SANDY BLVD | PORTLAND

Gluten Free | Organic/NGMO
Sugar Free, Corn Free, Soy Free, Dairy Optional
Paleo, W30, GAPS & WAPF Friendly