



Bean and Beef Shaloupias

 Gluten Free

READY IN



540 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cubes beef bouillon from cube
- 10 6-inch corn tortillas ()
- 1.5 pounds ground beef
- 0.3 teaspoon ground pepper black
- 0.5 onion diced
- 1 pound pinto beans boiled
- 0.3 teaspoon salt
- 3 cups cheese shredded mexican-style

6 servings water to cover

Equipment

frying pan

slow cooker

Directions

In slow cooker, combine boiled pinto beans with bouillon cubes and enough water to almost fill cooker.

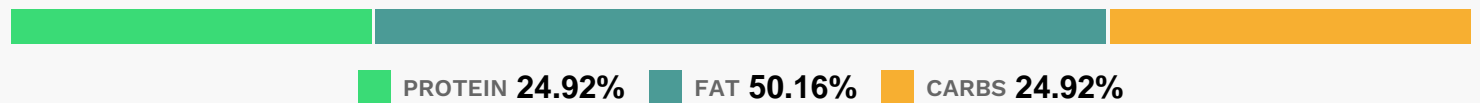
Let simmer on Low setting for 8 hours.

In a large skillet, brown beef with salt, pepper and onion.

Drain well and set aside.

Assemble as follows: Top each tortilla with beef mixture, cheese and a ladle of beans with juice from slow cooker. Top with preferred garnishes as desired and serve.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:11.97, Inflammation Score:-7, Nutrition Score:25.824782516645%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 662.57kcal (33.13%), Fat: 36.94g (56.83%), Saturated Fat: 16.37g (102.32%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 31.57g (11.48%), Sugar: 1.6g (1.78%), Cholesterol: 124.75mg (41.58%), Sodium: 561.42mg (24.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.29g (82.58%), Phosphorus: 627.57mg (62.76%), Vitamin B12: 3.7µg (61.74%), Zinc: 7.72mg (51.5%), Selenium: 33.92µg (48.46%), Fiber: 9.71g (38.84%), Calcium: 382.8mg (38.28%), Folate: 145.84µg (36.46%), Vitamin B6: 0.67mg (33.32%), Vitamin B3: 5.76mg (28.82%), Manganese: 0.53mg (26.74%), Magnesium: 102.93mg (25.73%), Iron: 4.59mg (25.5%), Vitamin B2: 0.4mg (23.78%), Potassium: 774.18mg (22.12%), Copper: 0.35mg (17.51%), Vitamin B1: 0.26mg (17.1%), Vitamin E: 1.41mg (9.37%), Vitamin B5: 0.87mg (8.67%), Vitamin A: 380.07IU (7.6%), Vitamin K: 6.15µg (5.86%), Vitamin D: 0.34µg (2.25%),

Vitamin C: 1.28mg (1.56%)