



Beef Barbacoa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon ancho chile powder
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2.3 pound beef chuck steaks boneless trimmed
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon oregano dried

☐ 1 cup water

Equipment

☐ bowl

☐ frying pan

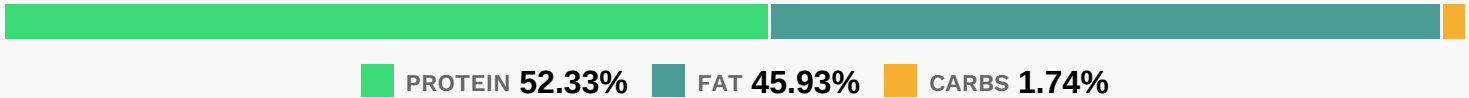
☐ oven

☐ dutch oven

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 5 ingredients in a small bowl; rub oregano mixture evenly over beef.
- ☐ Heat a large Dutch oven over high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; cook 3 minutes on each side or until browned.
- ☐ Add 1 cup water and garlic to pan, scraping pan to loosen browned bits. Cover and bake at 300 for 3 hours or until beef is very tender. Cool to room temperature. Cover and chill 8 hours or overnight.
- ☐ Skim fat from surface of broth.
- ☐ Remove beef; shred with 2 forks. Return beef to pan; bring to a simmer over medium-high heat. Simmer mixture 3 minutes or until liquid evaporates; stir in lime juice. Reduce heat to medium, and cook beef 3 minutes or until crisp in spots.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:12.233043331167%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 166.58kcal (8.33%), Fat: 8.53g (13.13%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.05g (0.06%), Cholesterol: 67.36mg (22.45%), Sodium: 249.97mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Zinc: 8.62mg (57.44%), Vitamin B12: 3.16µg (52.73%), Selenium: 23.52µg (33.59%), Vitamin B3: 4.94mg (24.72%), Phosphorus: 208.08mg (20.81%), Vitamin B6: 0.37mg (18.38%), Iron: 2.55mg (14.16%), Potassium: 393.62mg (11.25%), Vitamin B2: 0.17mg (10.27%), Vitamin B5: 0.75mg (7.46%), Magnesium: 24.62mg (6.15%), Vitamin B1: 0.07mg (4.99%), Copper: 0.09mg (4.42%), Manganese: 0.06mg (3.2%), Vitamin K: 3.29µg (3.13%), Calcium: 23.39mg (2.34%), Vitamin E: 0.28mg (1.85%), Vitamin A: 57.8IU (1.16%)