



 **12%**  
HEALTH SCORE

## Charley's Slow Cooker Mexican Style Meat

 **Gluten Free**  **Dairy Free**

READY IN



**530 min.**

SERVINGS



**12**

CALORIES



**306 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon chili powder
- 4 pound beef chuck
- 1 teaspoon garlic powder
- 1.3 cups to 2 chilies slit diced green
- 1 teaspoon ground pepper
- 1 teaspoon pepper black
- 2 tablespoons olive oil
- 1 large onion chopped

- 5 ounce hot sauce hot
- 1 teaspoon salt

## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- Trim the roast of any excess fat, and season with salt and pepper.
- Heat olive oil in a large skillet over medium-high heat.
- Place the beef in the hot skillet, and brown it quickly on all sides.
- Transfer the roast to a slow cooker and top it with the chopped onion. Season with chile peppers, chili powder, cayenne pepper, hot pepper sauce, and garlic powder.
- Add enough water to cover 1/3 of the roast.
- Cover, and cook on High for 6 hours, checking to make sure there is always at least a small amount of liquid in the bottom of the cooker. Reduce heat to Low, and continue cooking for 2 to 4 hours, or until meat is totally tender and falls apart.
- Transfer the roast to a bowl and shred it using two forks (reserve 2 cups of cooking liquid, if desired).
- Serve in tacos or burritos (see Cook's Note).

## Nutrition Facts

 **PROTEIN 38.18%**  **FAT 58.07%**  **CARBS 3.75%**

## Properties

Glycemic Index:8, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:17.466956366663%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 305.55kcal (15.28%), Fat: 19.81g (30.47%), Saturated Fat: 7.97g (49.81%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.24g (1.37%), Cholesterol: 104.33mg (34.78%), Sodium: 684mg (29.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Zinc: 11.43mg (76.17%), Vitamin B12: 4.13µg (68.79%), Selenium: 31.33µg (44.75%), Vitamin B3: 6.62mg (33.1%), Vitamin B6: 0.62mg (31.24%), Phosphorus: 292.97mg (29.3%), Iron: 3.31mg (18.42%), Potassium: 549.1mg (15.69%), Vitamin C: 11.77mg (14.26%), Vitamin B2: 0.24mg (13.89%), Vitamin B5: 0.96mg (9.62%), Magnesium: 31.55mg (7.89%), Vitamin B1: 0.11mg (7.47%), Copper: 0.11mg (5.32%), Vitamin E: 0.76mg (5.04%), Vitamin K: 4.59µg (4.37%), Fiber: 0.93g (3.73%), Manganese: 0.07mg (3.37%), Vitamin A: 158.72IU (3.17%), Calcium: 31.4mg (3.14%), Folate: 7.99µg (2%), Vitamin D: 0.15µg (1.01%)