



Chile and Roasted Garlic Beef Brisket Tacos

 Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb brisket trimmed
- 8 oz sriracha old el paso®
- 16 6-inch flour tortilla soft for tacos & fajitas (old el paso®)
- 8 servings cilantro leaves fresh
- 8 servings lime wedges
- 0.3 teaspoon pepper
- 3 plum tomatoes diced seeded (Roma)
- 1 large onion red sliced cut in half,

0.5 teaspoon salt

Equipment

sauce pan

slow cooker

Directions

Spray 5-quart slow cooker with cooking spray.

Sprinkle both sides of beef with salt and pepper.

In slow cooker, add beef, 1/2 cup of the cooking sauce and the onion. (Reserve remaining cooking sauce in 1-quart saucepan.) Cover; cook on Low heat setting 8 to 10 hours or until beef is very tender.

Remove beef from slow cooker; shred with 2 forks. Reserve 1/2 cup beef liquid in slow cooker; discard remaining liquid.

Heat reserved cooking sauce over medium-high heat to simmering.

Add beef back to slow cooker, and drizzle heated sauce over beef. Spoon about 1/3 cup mixture onto each tortilla. Top each with tomatoes, cilantro leaves and lime wedge.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:9.92, Inflammation Score:-5, Nutrition Score:18.420434744462%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 402.42kcal (20.12%), Fat: 13.22g (20.33%), Saturated Fat: 4.7g (29.39%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 34.72g (12.63%), Sugar: 8.35g (9.28%), Cholesterol: 70.31mg (23.44%), Sodium: 2071.13mg

(90.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.58%), Vitamin B12: 2.76µg (45.93%), Selenium: 32.05µg (45.79%), Vitamin B3: 7.28mg (36.39%), Phosphorus: 361.42mg (36.14%), Zinc: 5.27mg (35.14%), Vitamin B1: 0.43mg (28.7%), Vitamin B6: 0.55mg (27.38%), Iron: 4.46mg (24.79%), Vitamin B2: 0.37mg (21.8%), Manganese: 0.37mg (18.27%), Folate: 70.59µg (17.65%), Fiber: 3.81g (15.23%), Potassium: 526.79mg (15.05%), Magnesium: 43.41mg (10.85%), Calcium: 99.52mg (9.95%), Copper: 0.17mg (8.7%), Vitamin K: 8.1µg (7.72%), Vitamin C: 4.52mg (5.48%), Vitamin B5: 0.54mg (5.37%), Vitamin A: 201.54IU (4.03%), Vitamin E: 0.5mg (3.31%)