



Chili-Beef Soft Tacos

 Gluten Free

READY IN



735 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado
- ☐ 1.5 pounds beef chuck fat trimmed
- ☐ 5 teaspoons chili powder
- ☐ 2 tablespoons apple cider vinegar
- ☐ 12 6-inch corn tortillas
- ☐ 3 cups lettuce shredded
- ☐ 32 oz salsa
- ☐ 0.8 cup cream sour

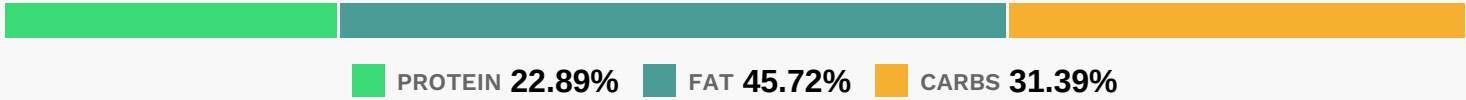
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Spoon 1 cup salsa into a small bowl; reserve. In a slow cooker, combine remaining salsa with vinegar and chili powder.
- ☐ Add beef, cover and turn heat to low. Cook until beef shreds easily with a fork, 10 to 12 hours. Shred meat, using two forks, and spoon into a serving bowl.
- ☐ Preheat oven to 300F. Stack tortillas, wrap in foil and bake until warm, about 10 minutes.
- ☐ Place sour cream and lettuce in bowls. Just before serving, pit, peel and dice avocado and place in a small bowl. Put out bowls (including salsa) and assemble tacos at table.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:10.53, Inflammation Score:-8, Nutrition Score:27.439130233682%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 482.64kcal (24.13%), Fat: 25.58g (39.35%), Saturated Fat: 9.65g (60.31%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 30.26g (11%), Sugar: 8.27g (9.19%), Cholesterol: 95.21mg (31.74%), Sodium: 1149.55mg

(49.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.62%), Zinc: 9.95mg (66.32%), Vitamin B12: 3.16µg (52.6%), Vitamin B6: 0.96mg (48.11%), Phosphorus: 477.86mg (47.79%), Selenium: 29.47µg (42.1%), Vitamin B3: 8.22mg (41.12%), Fiber: 9.25g (37.02%), Vitamin A: 1644.44IU (32.89%), Potassium: 1148.61mg (32.82%), Magnesium: 99.51mg (24.88%), Vitamin E: 3.71mg (24.73%), Vitamin K: 25.96µg (24.72%), Manganese: 0.49mg (24.41%), Iron: 4.28mg (23.8%), Vitamin B2: 0.36mg (21.36%), Copper: 0.34mg (17.12%), Vitamin B5: 1.67mg (16.68%), Vitamin B1: 0.22mg (14.92%), Calcium: 149.12mg (14.91%), Folate: 51.82µg (12.95%), Vitamin C: 7.5mg (9.09%)