



Chipotle Shredded Beef

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef broth
- 2.5 pounds beef chuck trimmed
- 14 oz canned tomatoes diced canned
- 8 servings garnish: cheddar cheese shredded black sliced chopped
- 2 tablespoons chili powder
- 7 oz chipotle sauce canned
- 6 6-inch to 8 corn tortillas warmed
- 4 oz chiles diced green canned

- 1 teaspoon ground cumin
- 1 onion chopped
- 8 servings salt and pepper to taste

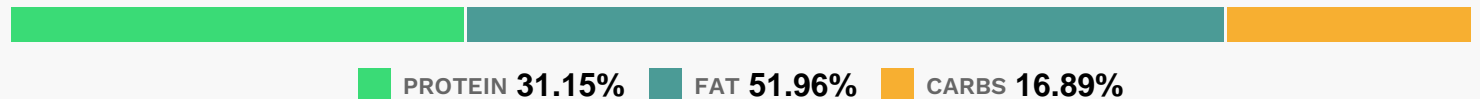
Equipment

- slow cooker

Directions

- Place roast in a slow cooker. Top with remaining ingredients except tortillas and garnish. Cover and cook on low setting for 8 to 10 hours. With 2 forks, shred roast in slow cooker; stir well.
- Spoon into warmed tortillas; add desired garnishes.

Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:5.27, Inflammation Score:-7, Nutrition Score:25.830000037732%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 471.72kcal (23.59%), Fat: 27.69g (42.6%), Saturated Fat: 13.14g (82.15%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 14.4g (5.24%), Sugar: 4.84g (5.38%), Cholesterol: 127.81mg (42.6%), Sodium: 892.56mg (38.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.35g (74.71%), Zinc: 12.28mg (81.9%), Vitamin B12: 4.23µg (70.5%), Selenium: 40.13µg (57.33%), Phosphorus: 503mg (50.3%), Vitamin B3: 7.86mg (39.3%), Vitamin B6: 0.76mg (38.16%), Iron: 5.31mg (29.5%), Calcium: 289.77mg (28.98%), Vitamin B2: 0.42mg (24.5%), Fiber: 5.85g (23.39%), Potassium: 787.34mg (22.5%), Vitamin A: 1041.63IU (20.83%), Magnesium: 66.04mg (16.51%), Vitamin E: 1.94mg (12.95%), Vitamin C: 10.46mg (12.68%), Copper: 0.24mg (12.24%), Vitamin B5: 1.21mg (12.12%), Manganese: 0.24mg (11.91%), Vitamin B1: 0.17mg (11.55%), Folate: 30.03µg (7.51%), Vitamin K: 7.66µg (7.29%), Vitamin D: 0.32µg (2.14%)