



Chipotle Shredded Beef



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb beef chuck fat trimmed
- ☐ 15 oz canned tomatoes crushed canned
- ☐ 7 oz chipotles in adobo canned
- ☐ 6 servings corn tortillas shredded sour sliced
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon juice of lime
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper

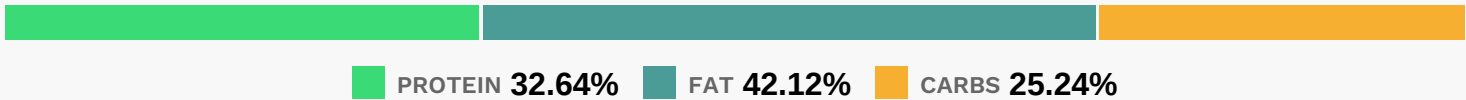
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ slow cooker

Directions

- ☐ In a blender or food processor, puree chipotle chiles with adobo sauce until smooth. Spoon 2 1/2 Tbsp. into slow cooker; reserve remainder for other uses.
- ☐ Add tomatoes, lime juice, onion and garlic; stir to combine. Season beef with salt and pepper and add to slow cooker.
- ☐ Cover and cook on high until beef is tender enough to shred easily with a fork, about 6 hours. Using two forks, shred meat; spoon into a serving bowl with sauce.
- ☐ Serve beef with warmed corn tortillas, shredded lettuce and cheese, sliced avocado and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:7, Inflammation Score:-5, Nutrition Score:22.601304541463%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 383.76kcal (19.19%), Fat: 18.32g (28.19%), Saturated Fat: 7.78g (48.62%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 18.05g (6.56%), Sugar: 6.39g (7.1%), Cholesterol: 104.33mg (34.78%), Sodium: 422.88mg

(18.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.9%), Zinc: 11.95mg (79.69%), Vitamin B12: 4.13µg (68.79%), Selenium: 33.47µg (47.81%), Phosphorus: 398.04mg (39.8%), Vitamin B6: 0.78mg (39.19%), Vitamin B3: 7.83mg (39.15%), Iron: 5.25mg (29.15%), Fiber: 6.65g (26.58%), Potassium: 793.74mg (22.68%), Vitamin B2: 0.28mg (16.47%), Magnesium: 64.04mg (16.01%), Manganese: 0.28mg (13.96%), Copper: 0.27mg (13.72%), Vitamin B1: 0.19mg (12.63%), Vitamin B5: 1.19mg (11.88%), Vitamin C: 9.1mg (11.02%), Vitamin E: 1.26mg (8.38%), Calcium: 78.26mg (7.83%), Vitamin K: 6.14µg (5.85%), Folate: 18.83µg (4.71%), Vitamin A: 175.96IU (3.52%), Vitamin D: 0.15µg (1.01%)