



## Firehouse Machaca Taco Filling

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

READY IN



140 min.

SERVINGS



5

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds beef chuck
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup bell pepper green chopped
- 1 cup salsa green
- 1 tablespoon jalapeno chopped
- 1 cup onion chopped
- 2 tablespoons vegetable oil
- 2 quarts water

# Equipment

- frying pan
- pot

# Directions

- In a stockpot, combine, water, beef and quartered onion. Bring to a boil, reduce heat to medium low, and simmer covered for 1 1/2 to 2 hours, or until meat is very tender. Strain and reserve broth. Shred meat with 2 forks; set aside.
- Heat oil in a heavy skillet over medium high heat.
- Saute chopped onion and bell pepper until tender. Stir in 1 cup of the reserved broth, shredded beef, salsa, cilantro and jalapenos. Cook, stirring occasionally, for 4 to 5 minutes, or until heated through.

# Nutrition Facts



# Properties

Glycemic Index:20.2, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:29.334782361984%

# Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

# Nutrients (% of daily need)

Calories: 576.05kcal (28.8%), Fat: 37.46g (57.63%), Saturated Fat: 14.58g (91.1%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.83g (2.12%), Sugar: 4.67g (5.19%), Cholesterol: 187.79mg (62.6%), Sodium: 566.55mg (24.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.72g (105.45%), Zinc: 20.59mg (137.24%), Vitamin B12: 7.43µg (123.83%), Selenium: 56.24µg (80.35%), Vitamin B3: 11.92mg (59.62%), Vitamin B6: 1.13mg (56.39%), Phosphorus: 527.8mg (52.78%), Iron: 5.8mg (32.23%), Potassium: 1079.71mg (30.85%), Vitamin B2: 0.41mg (24.17%), Vitamin C: 19.84mg (24.05%), Vitamin K: 18.35µg (17.48%), Vitamin B5: 1.74mg (17.39%), Magnesium: 60.84mg (15.21%), Vitamin B1: 0.2mg (13.64%), Copper: 0.25mg (12.6%), Vitamin A: 459.97IU (9.2%), Vitamin E: 1.15mg (7.67%), Calcium: 67.37mg (6.74%), Manganese: 0.09mg (4.65%), Folate: 17.04µg (4.26%), Fiber: 0.9g (3.61%), Vitamin D: 0.27µg (1.81%)