



## Green Chile Beef Tacos

 **Gluten Free**  **Dairy Free**  **Popular**  **Low Fod Map**

READY IN



250 min.

SERVINGS



12

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups beef broth
- 5 pounds beef chuck boneless
- 16 ounce salsa green
- 1 ounce taco seasoning

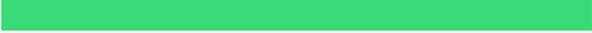
### Equipment

- slow cooker

## Directions

- Lay the chuck roast into the bottom of a slow cooker with a tight-fitting lid.
- Sprinkle the taco seasoning mix over the beef.
- Pour the green salsa over the beef, followed by the beef broth.
- Cook on Low for 4 hours.
- Add more beef broth if needed.
- Remove the beef from the slow cooker and shred with two forks. Return the shredded beef to the slow cooker; mix with the liquid.
- Serve hot.

## Nutrition Facts

 **PROTEIN 40.44%**  **FAT 55.47%**  **CARBS 4.09%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:20.640869565632%

## Nutrients (% of daily need)

Calories: 365.2kcal (18.26%), Fat: 22.37g (34.42%), Saturated Fat: 9.57g (59.83%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.81g (3.12%), Cholesterol: 130.41mg (43.47%), Sodium: 764.27mg (33.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.41%), Zinc: 14.21mg (94.75%), Vitamin B12: 5.19µg (86.46%), Selenium: 39.21µg (56.02%), Vitamin B3: 8.48mg (42.42%), Vitamin B6: 0.73mg (36.39%), Phosphorus: 362.4mg (36.24%), Iron: 4.16mg (23.1%), Potassium: 725.8mg (20.74%), Vitamin B2: 0.28mg (16.61%), Vitamin B5: 1.17mg (11.68%), Vitamin A: 482.44IU (9.65%), Magnesium: 36.71mg (9.18%), Vitamin B1: 0.13mg (8.37%), Copper: 0.12mg (5.76%), Calcium: 34.53mg (3.45%), Vitamin C: 2.5mg (3.03%), Vitamin K: 2.84µg (2.7%), Vitamin E: 0.36mg (2.39%), Fiber: 0.44g (1.78%), Folate: 6.47µg (1.62%), Vitamin D: 0.19µg (1.26%), Manganese: 0.02mg (1.14%)