



Green Chili Roast

 Dairy Free

READY IN



250 min.

SERVINGS



12

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound top round beef roast
- 16 ounce to 2 chilies slit green chopped canned
- 12 8-inch flour tortilla ()
- 4 ounce to 2 chilies slit green hot chopped canned
- 12 servings pepper black to taste
- 1.5 cups water

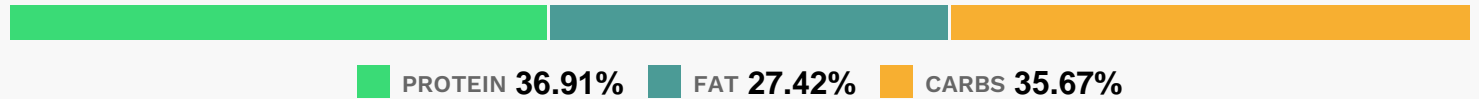
Equipment

- slow cooker

Directions

- Season beef roast with salt and black pepper; place in slow cooker. Spoon the mild and hot chiles over the roast.
- Pour in the water.
- Cover slow cooker; set to High. Cook until roast shreds with a fork; 4 to 6 hours. Shred meat; serve on tortillas.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:7.97, Inflammation Score:-4, Nutrition Score:18.389130354333%

Nutrients (% of daily need)

Calories: 327.83kcal (16.39%), Fat: 9.7g (14.93%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 25.04g (9.11%), Sugar: 3.47g (3.85%), Cholesterol: 70.31mg (23.44%), Sodium: 597.7mg (25.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.78%), Selenium: 42.79µg (61.13%), Vitamin B3: 9.92mg (49.59%), Vitamin B6: 0.77mg (38.54%), Vitamin B12: 2.1µg (34.96%), Phosphorus: 349.02mg (34.9%), Zinc: 4.99mg (33.28%), Vitamin B1: 0.36mg (24.14%), Iron: 4.2mg (23.32%), Vitamin B2: 0.33mg (19.14%), Folate: 62.7µg (15.67%), Manganese: 0.28mg (14.03%), Fiber: 3.37g (13.48%), Potassium: 451.77mg (12.91%), Calcium: 97.34mg (9.73%), Magnesium: 38.9mg (9.73%), Copper: 0.17mg (8.51%), Vitamin C: 5.67mg (6.87%), Vitamin B5: 0.58mg (5.79%), Vitamin K: 5.2µg (4.95%), Vitamin E: 0.34mg (2.27%)