



## Kris' Amazing Shredded Mexican Beef

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

READY IN



525 min.

SERVINGS



12

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cube beef bouillon from cube
- 4 pound beef bottom round roast lean
- 1 teaspoon cayenne pepper
- 2 teaspoons chili powder
- 7 ounce chipotle peppers in adobo sauce to taste canned
- 1 tablespoon garlic powder
- 7 ounce chilies green chopped canned
- 2 teaspoons ground cumin

- 2 teaspoons ground pepper black
- 1 large onion diced

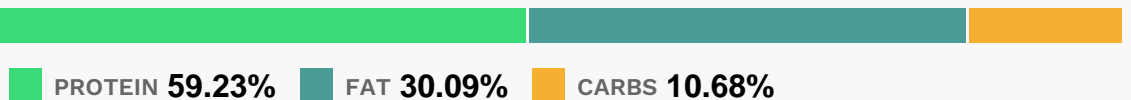
## Equipment

- bowl
- oven
- slotted spoon
- slow cooker

## Directions

- Trim the roast of any excess fat, and cut into four pieces. Rub with black pepper, and place into a slow cooker.
- Add the onions, green chiles, chili powder, cayenne pepper, garlic powder, cumin, chipotle peppers, and beef bouillon.
- Pour in enough water to cover 1/3 of the roast.
- Cover, and cook on High until the meat begins to fall apart, about 8 hours.
- Add water if needed to keep the roast from drying out.
- Turn the slow cooker to Low, and remove meat to a large bowl with a slotted spoon. Shred the meat into bite-sized pieces using two forks. Return the meat to the slow cooker; cook about 20 minutes to reheat before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.42, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:18.009130384611%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 237.95kcal (11.9%), Fat: 7.68g (11.81%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.25g (2.5%), Cholesterol: 93.74mg (31.25%), Sodium: 148.19mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.01g (68.01%), Selenium: 42.22µg (60.32%), Vitamin B3: 10.31mg (51.56%), Vitamin B6: 1.03mg (51.34%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.37mg (42.46%), Phosphorus: 335.18mg (33.52%), Iron: 3.9mg (21.67%), Potassium: 562.21mg (16.06%), Vitamin B2: 0.25mg (14.86%), Fiber: 2.75g (11.01%), Vitamin B1: 0.15mg (10.21%), Magnesium: 40.6mg (10.15%), Copper: 0.17mg (8.39%), Vitamin B5: 0.69mg (6.87%), Folate: 22.71µg (5.68%), Manganese: 0.11mg (5.32%), Vitamin E: 0.65mg (4.35%), Calcium: 38.08mg (3.81%), Vitamin C: 3.07mg (3.72%), Vitamin A: 175.32IU (3.51%), Vitamin K: 2.92µg (2.78%)