



No Fuss Shredded Beef Tacos

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

READY IN



375 min.

SERVINGS



16

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck boneless trimmed
- 14 ounce beef broth canned
- 29 ounce chili-seasoned tomatoes diced canned
- 1 teaspoon chili powder
- 1 cup hot-brewed coffee cold
- 4 cloves garlic chopped
- 4 ounce chiles diced green canned
- 0.5 teaspoon ground cumin

- 0.3 teaspoon ground pepper black
- 0.5 teaspoon salt
- 1 large onion yellow sliced into thin rings

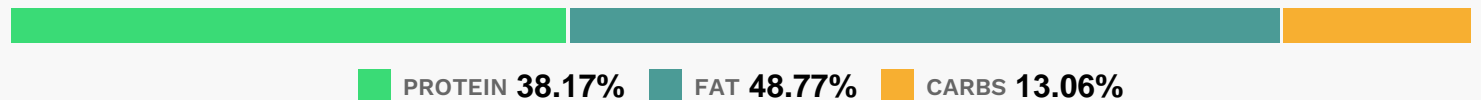
Equipment

- bowl
- slow cooker

Directions

- Layer half the onion rings into the bottom of a slow cooker.
- Place chuck roast on top of onions.
- Pour diced tomatoes, beef broth, and coffee into the cooker over the roast; stir in diced green chiles, jalapeno peppers, garlic, chili powder, cumin, salt, and black pepper.
- Spread remaining onion rings over the mixture.
- Cover the cooker and cook on Low until beef is very tender, 6 to 10 hours.
- Transfer chuck roast to a bowl and shred meat. Return meat to sauce.
- Remove onions and serve with meat.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:16.804782776729%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.47mg,
Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg,
Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 182.55kcal (9.13%), Fat: 10.11g (15.56%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.14g (3.49%), Cholesterol: 58.68mg (19.56%), Sodium: 269.56mg (11.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 17.81g (35.61%), Vitamin C: 77.2mg (93.57%), Zinc: 6.57mg (43.81%), Vitamin B12: 2.34µg (38.99%), Vitamin B6: 0.62mg (31.02%), Selenium: 18.16µg (25.94%), Vitamin B3: 4.62mg (23.08%), Phosphorus: 191.89mg (19.19%), Potassium: 497.16mg (14.2%), Iron: 2.54mg (14.09%), Vitamin B2: 0.19mg (11.23%), Vitamin A: 547.44IU (10.95%), Vitamin K: 8.72µg (8.31%), Magnesium: 30.8mg (7.7%), Manganese: 0.14mg (7.17%), Vitamin B5: 0.69mg (6.92%), Vitamin B1: 0.1mg (6.86%), Copper: 0.13mg (6.33%), Folate: 20.84µg (5.21%), Fiber: 1.12g (4.5%), Vitamin E: 0.57mg (3.8%), Calcium: 30.68mg (3.07%)