



Shredded Beef Tacos



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz tomato sauce canned
- ☐ 2 teaspoons chili powder
- ☐ 0.5 chipotles in adobo seeded finely chopped
- ☐ 0.5 teaspoon cilantro leaves
- ☐ 12 corn tortillas
- ☐ 1 teaspoon cumin
- ☐ 2 pounds roast chickens
- ☐ 4 cloves garlic finely chopped

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt

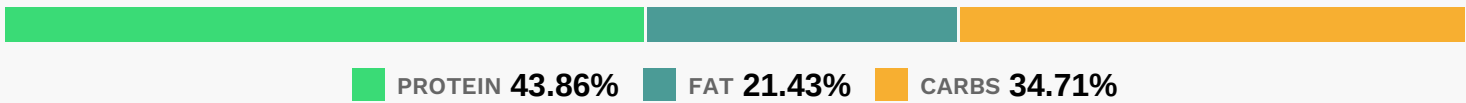
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Combine salt, chili powder, cumin and coriander; rub all over roast. Warm oil in a large heavy pot over medium-high heat. Sear meat on both sides, about 4 minutes total.
- ☐ Place meat in slow cooker.
- ☐ Mix tomato sauce, chipotle and garlic; pour over meat. Cover and cook on low until fork-tender, about 6 hours. Shred meat, combine with enough sauce to moisten, and serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:10.9, Inflammation Score:-6, Nutrition Score:22.857391404069%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 298.18kcal (14.91%), Fat: 7.28g (11.21%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 22.27g (8.1%), Sugar: 1.96g (2.18%), Cholesterol: 0mg (0%), Sodium: 667.06mg (29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.54g (67.08%), Vitamin B6: 1.54mg (77.07%), Vitamin B3: 11.29mg (56.43%), Phosphorus: 505.29mg (50.53%), Zinc: 7.12mg (47.49%), Vitamin B12: 2.68µg (44.6%), Selenium: 27.73µg (39.61%), Vitamin B2: 0.48mg (28.01%), Iron: 4.85mg (26.95%), Potassium: 791.01mg (22.6%), Magnesium: 82.12mg (20.53%), Vitamin B1: 0.31mg (20.41%), Copper: 0.36mg (17.86%), Fiber: 4.28g (17.11%), Manganese: 0.28mg (14.18%), Vitamin B5: 1.14mg (11.44%), Vitamin E: 1.29mg (8.62%), Vitamin A: 367.42IU (7.35%), Calcium: 62.65mg (6.27%), Vitamin C: 3.3mg (4%), Vitamin K: 3.25µg (3.09%), Folate: 6.29µg (1.57%)