



Slow-Cooker 1-2-3 Tacos

READY IN



255 min.

SERVINGS



12

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb stew meat cut into bite-sized pieces
- 1 lb bell pepper sliced (bell peppers and onions)
- 1 oz taco seasoning
- 0.5 cup water
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 15 oz black beans drained and rinsed canned
- 2 cups seasoned rice vinegar prepared
- 1 cup cheese shredded mexican-style
- 0.5 cup cream sour

1 cup pico de gallo

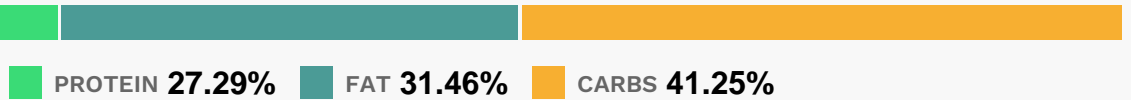
Equipment

slow cooker

Directions

- Spray 3-quart slow cooker with cooking spray.
- Place stew meat and fajita veggies in slow cooker.
- Sprinkle with taco seasoning.
- Pour water over the meat and stir gently to mix all ingredients together. Cover tightly and cook on High heat setting 4 to 6 hours.
- Spoon meat into flour tortillas. Top with your favorite toppings.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:15.180434828219%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 222.12kcal (11.11%), Fat: 7.58g (11.67%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 18.01g (6.55%), Sugar: 4.96g (5.51%), Cholesterol: 36.46mg (12.15%), Sodium: 687.66mg (29.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Vitamin C: 51.57mg (62.5%), Vitamin A: 1618.02IU (32.36%), Selenium: 17.44µg (24.92%), Phosphorus: 211.3mg (21.13%), Vitamin B3: 4.02mg (20.09%), Vitamin B6: 0.4mg (19.76%), Fiber: 4.36g (17.44%), Folate: 63.36µg (15.84%), Vitamin B12: 0.93µg (15.54%), Zinc: 2.27mg (15.14%), Iron: 2.54mg (14.1%), Vitamin B1: 0.21mg (13.82%), Vitamin B2: 0.23mg (13.66%), Manganese: 0.25mg (12.66%), Calcium: 110.17mg (11.02%), Potassium: 361.94mg (10.34%), Magnesium: 33.62mg (8.41%), Copper: 0.14mg (6.93%), Vitamin E: 0.76mg (5.1%), Vitamin B5: 0.43mg (4.27%), Vitamin K: 4.06µg (3.87%)