



Slow-Cooker Barbacoa

READY IN



45 min.

SERVINGS



8

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 3 pound beef chuck
- ☐ 1 cup chicken broth
- ☐ 3 chipotle peppers in adobo sauce drained
- ☐ 1 cup cider vinegar
- ☐ 1 lb toppings: co y jack cheese shredded
- ☐ 8 servings flour tortillas
- ☐ 4 cloves garlic
- ☐ 0.5 teaspoon ground cloves

- ☐ 1 tablespoon ground cumin
- ☐ 2 juice of lime
- ☐ 1 tablespoon oregano dried
- ☐ 1.5 teaspoons pepper
- ☐ 1.5 teaspoons salt

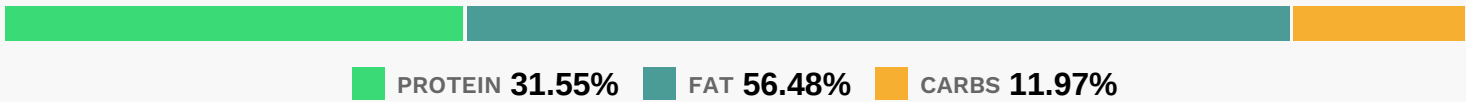
Equipment

- ☐ food processor
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Place roast and bay leaves in a large slow cooker. In a food processor or blender, combine vinegar, lime juice, peppers, garlic and seasonings. Process on high until smooth.
- ☐ Pour vinegar mixture and broth over roast. Cover and cook on low setting for 6 to 8 hours, until roast is fork-tender. Shred beef with 2 forks; return to juices in slow cooker.
- ☐ Serve on tortillas with desired toppings.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:5.1, Inflammation Score:-7, Nutrition Score:29.324347599693%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 631.23kcal (31.56%), Fat: 39.4g (60.62%), Saturated Fat: 20.32g (127%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 16.63g (6.05%), Sugar: 2.21g (2.45%), Cholesterol: 168.42mg (56.14%), Sodium: 1247.58mg

(54.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.53g (99.06%), Zinc: 14.77mg (98.47%), Vitamin B12: 5.12µg (85.34%), Selenium: 50.42µg (72.02%), Phosphorus: 647.37mg (64.74%), Calcium: 522.72mg (52.27%), Vitamin B3: 8.89mg (44.45%), Vitamin B6: 0.75mg (37.37%), Vitamin B2: 0.58mg (34.08%), Iron: 6.08mg (33.79%), Manganese: 0.47mg (23.46%), Potassium: 717.87mg (20.51%), Vitamin B1: 0.29mg (19.28%), Magnesium: 62.44mg (15.61%), Vitamin B5: 1.25mg (12.45%), Folate: 46.02µg (11.51%), Vitamin K: 10.92µg (10.4%), Vitamin A: 487.61IU (9.75%), Copper: 0.18mg (9.14%), Fiber: 2.17g (8.66%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.51µg (3.4%), Vitamin C: 2.81mg (3.4%)