



Slow-Cooker Beef Brisket Tacos

READY IN



250 min.

SERVINGS



8

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large onion sweet thinly sliced
- ☐ 2.5 lb brisket
- ☐ 1 serving salt and pepper to taste
- ☐ 12 oz chili sauce
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 teaspoon liquid smoke
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1 avocado diced pitted peeled

- ☐ 1 tomatoes diced
- ☐ 1 serving salsa thick

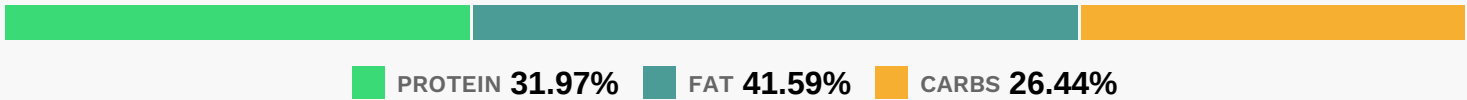
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 4-quart slow cooker, layer onion slices. Top with beef, fat side up.
- ☐ Sprinkle generously with salt and pepper.
- ☐ In medium bowl, mix chili sauce, brown sugar and liquid smoke with whisk.
- ☐ Spread over beef.
- ☐ Cover; cook on High heat setting 4 to 5 hours or on Low heat setting 8 to 10 hours.
- ☐ Remove beef from slow cooker; place on cutting board. With 2 forks, shred beef. Using slotted spoon, transfer onion to bowl for serving. Return beef to slow cooker; stir.
- ☐ To serve, spoon beef onto tortillas; top with onion, cheese, avocado, tomatoes and salsa.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:4.97, Inflammation Score:-7, Nutrition Score:23.871739276077%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg

O.49mg, Kaempferol: 0.49mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg
Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 468.65kcal (23.43%), Fat: 21.48g (33.05%), Saturated Fat: 7.8g (48.75%), Carbohydrates: 30.73g (10.24%),
Net Carbohydrates: 26.38g (9.59%), Sugar: 11.04g (12.26%), Cholesterol: 102.06mg (34.02%), Sodium: 1047.87mg
(45.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.15g (74.29%), Vitamin B12: 3.59µg (59.91%),
Selenium: 34.57µg (49.38%), Zinc: 7.1mg (47.34%), Phosphorus: 461.07mg (46.11%), Vitamin B6: 0.83mg (41.43%),
Vitamin B3: 8.19mg (40.93%), Vitamin B2: 0.46mg (27.08%), Potassium: 892.2mg (25.49%), Vitamin B1: 0.37mg
(24.75%), Iron: 4.45mg (24.75%), Folate: 76.39µg (19.1%), Fiber: 4.35g (17.4%), Calcium: 173.44mg (17.34%), Vitamin
C: 13.48mg (16.35%), Magnesium: 61.36mg (15.34%), Copper: 0.29mg (14.34%), Vitamin E: 2.04mg (13.58%),
Manganese: 0.25mg (12.75%), Vitamin K: 13.27µg (12.64%), Vitamin A: 615.57IU (12.31%), Vitamin B5: 1.02mg (10.16%)