



HEALTH SCORE

53%

Slow-Cooker Beef Nachos



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz mild banana pepper rings
- ☐ 15 oz beef broth canned
- ☐ 15 oz black beans rinsed canned
- ☐ 6 servings cilantro leaves sour
- ☐ 3 garlic cloves minced
- ☐ 6 servings monterrey jack cheese shredded
- ☐ 6 servings onion finely chopped
- ☐ 3 lb beef rump roast boneless

- ☐ 6 servings salt and pepper to taste
- ☐ 6 servings tomatoes chopped
- ☐ 6 servings tortilla chips
- ☐ 1 tablespoon vegetable oil

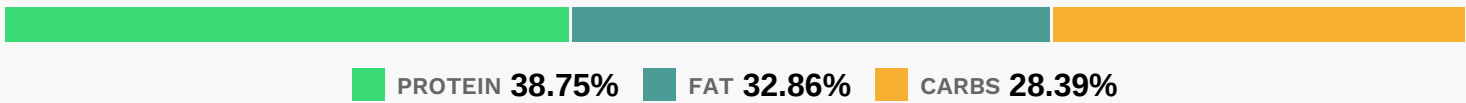
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Season roast with salt and pepper. Brown all sides of roast in hot oil in a large skillet over high heat.
- ☐ Place in a 6-qt. slow cooker.
- ☐ Add banana pepper rings, beef broth, and garlic. Cover and cook on LOW 8 hours or until meat shreds easily.
- ☐ Transfer to a cutting board, reserving liquid in slow cooker. Shred roast; return to slow cooker. Keep warm on LOW. Preheat oven to 35
- ☐ Place tortilla chips on a baking sheet; top with shredded beef, black beans, tomatoes, onion, and cheese.
- ☐ Bake 10 minutes.
- ☐ Serve with cilantro, avocado, and sour cream.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:40.686086780675%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg

Nutrients (% of daily need)

Calories: 623.29kcal (31.16%), Fat: 22.73g (34.96%), Saturated Fat: 6.59g (41.22%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 34.65g (12.6%), Sugar: 7.71g (8.57%), Cholesterol: 148.58mg (49.53%), Sodium: 1004.77mg (43.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.29g (120.57%), Selenium: 66.55µg (95.07%), Vitamin B6: 1.81mg (90.57%), Vitamin B3: 17.71mg (88.54%), Vitamin B12: 4.28µg (71.31%), Zinc: 10.69mg (71.27%), Phosphorus: 711.37mg (71.14%), Potassium: 1609.66mg (45.99%), Iron: 7.21mg (40.05%), Fiber: 9.53g (38.12%), Vitamin C: 31.22mg (37.84%), Magnesium: 131.32mg (32.83%), Vitamin B2: 0.56mg (32.77%), Vitamin A: 1586.76IU (31.74%), Vitamin B1: 0.45mg (29.88%), Folate: 115.89µg (28.97%), Vitamin K: 27.41µg (26.11%), Copper: 0.52mg (26.01%), Manganese: 0.51mg (25.36%), Vitamin E: 2.89mg (19.24%), Vitamin B5: 1.74mg (17.44%), Calcium: 154.89mg (15.49%)