



 **13%**
HEALTH SCORE

Slow-Cooker Carne Guisada

 Dairy Free

READY IN



375 min.

SERVINGS



10

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds beef chuck cut into 1-inch pieces
- 1 serving coarse mustard
- 2 tablespoons vegetable oil
- 1 medium onion diced white
- 1 medium bell pepper diced green seeded
- 1 large jalapeno diced seeded
- 5 garlic clove roughly chopped
- 1.5 teaspoons ground cumin

- 0.8 teaspoon chili powder
- 0.8 teaspoon oregano dried
- 6 tablespoons flour all-purpose
- 1.8 cups chicken broth low-sodium
- 14 ounces tomatoes diced canned
- 2 bay leaves
- 1 serving flour tortilla warmed grated for serving

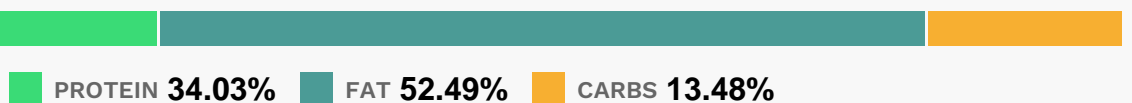
Equipment

- frying pan
- wooden spoon
- slow cooker

Directions

- Season beef with salt and pepper. In a large skillet, heat 2 teaspoons oil over high. In 2 batches, cook beef until browned on all sides, 5 minutes per batch (add 2 teaspoons more oil for second batch).
- Transfer to a 5- to 6-quart slow cooker.
- In same skillet, cook 2 teaspoons oil, onion, bell pepper, jalapeno, and garlic over medium, stirring and scraping up browned bits with a wooden spoon, until vegetables are tender, 5 minutes.
- Add cumin, chili powder, oregano, and flour and cook 1 minute. Slowly pour broth into skillet, stirring until liquid is smooth. Simmer 2 minutes, then transfer mixture to slow cooker, along with tomatoes and bay leaves. Season to taste with salt and pepper and stir to combine. Cover and cook on high 6 hours.
- Serve in tortillas with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:3.38, Inflammation Score:-5, Nutrition Score:16.561304351558%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 278.81kcal (13.94%), Fat: 16.48g (25.35%), Saturated Fat: 6.33g (39.59%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 8.26g (3%), Sugar: 1.98g (2.2%), Cholesterol: 78.24mg (26.08%), Sodium: 192.77mg (8.38%), Alcohol: 0g (100%), Protein: 24.04g (48.08%), Zinc: 8.75mg (58.36%), Vitamin B12: 3.14µg (52.28%), Selenium: 26.09µg (37.27%), Vitamin B3: 6.29mg (31.45%), Vitamin B6: 0.56mg (27.86%), Phosphorus: 256.25mg (25.63%), Vitamin C: 16.24mg (19.68%), Iron: 3.54mg (19.66%), Potassium: 552.59mg (15.79%), Vitamin B2: 0.24mg (14.23%), Vitamin B1: 0.16mg (10.8%), Vitamin K: 10.41µg (9.91%), Manganese: 0.17mg (8.32%), Magnesium: 32.84mg (8.21%), Vitamin B5: 0.81mg (8.11%), Copper: 0.15mg (7.5%), Vitamin E: 0.9mg (6.03%), Folate: 21.83µg (5.46%), Calcium: 51.06mg (5.11%), Fiber: 1.26g (5.03%), Vitamin A: 173.08IU (3.46%)