



Slow-Cooker Ropa Vieja Tostadas

 Gluten Free

READY IN



360 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 avocado pitted ripe peeled sliced
- ☐ 1 bay leaves
- ☐ 1.5 lb skirt steak
- ☐ 8 oz tomato sauce canned
- ☐ 1 tablespoon capers
- ☐ 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 3 cloves garlic
- ☐ 1 cup bell pepper green chopped

- ☐ 0.5 cup olive green sliced
- ☐ 1.5 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 oz queso fresco crumbled
- ☐ 1 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 4.5 oz purchased corn tostada shells (12 shells)

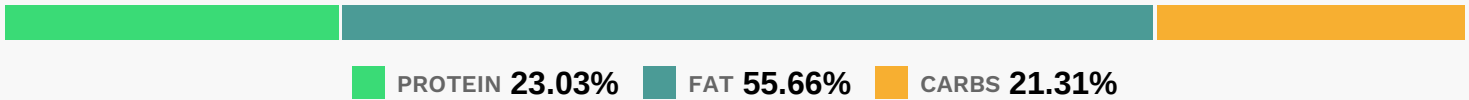
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 6-quart slow cooker.
- ☐ Place Ropa Vieja ingredients in slow cooker. Cover; cook on Low heat setting 4 to 6 hours or until beef is tender.
- ☐ Discard bay leaf.
- ☐ Remove beef from slow cooker; pull into shreds with 2 forks. Return beef to slow cooker; stir to combine with liquid.
- ☐ To assemble, place each tostada shell on serving plate; spoon ropa vieja on shell. Top with avocado and cheese.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:31.68782609442%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 610.86kcal (30.54%), Fat: 39.24g (60.37%), Saturated Fat: 11.93g (74.57%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 23.08g (8.39%), Sugar: 6.29g (6.99%), Cholesterol: 97.52mg (32.51%), Sodium: 1199.19mg (52.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.08%), Zinc: 9.42mg (62.77%), Vitamin B12: 3.05µg (50.84%), Vitamin B6: 1.01mg (50.41%), Selenium: 33.96µg (48.52%), Vitamin B3: 9.13mg (45.65%), Phosphorus: 445.47mg (44.55%), Vitamin C: 36.54mg (44.29%), Fiber: 10.72g (42.89%), Vitamin B2: 0.63mg (36.8%), Potassium: 1139.26mg (32.55%), Calcium: 302.47mg (30.25%), Vitamin K: 27.89µg (26.56%), Folate: 99.57µg (24.89%), Manganese: 0.49mg (24.6%), Vitamin B5: 2.42mg (24.18%), Iron: 4.31mg (23.93%), Magnesium: 95.68mg (23.92%), Vitamin E: 3.46mg (23.06%), Copper: 0.43mg (21.62%), Vitamin A: 1045.34IU (20.91%), Vitamin B1: 0.27mg (18.07%), Vitamin D: 1.13µg (7.56%)