



Slow Cooker Salsa Verde Beef | Tacos



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



365 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound chuck roast
- ☐ 1 ounce ranch dressing seasoning packet
- ☐ 16 ounce herdez salsa verde salsa

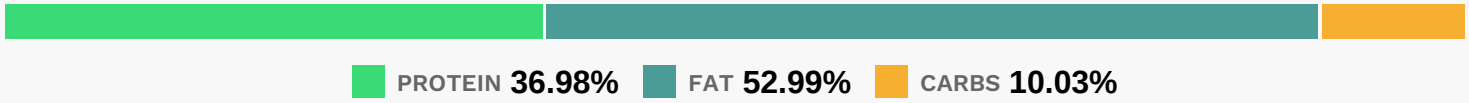
Equipment

- ☐ slow cooker

Directions

- ☐ Place chuck roast into a large slow cooker on medium or high heat.
- ☐ Sprinkle Ranch Seasoning Packet over top then pour Salsa over top as well. Close slow cooker lid and let cook on medium or high for 5–6 hours, until beef is very tender and pulls apart easily with a fork.
- ☐ Remove beef from slow cooker and drain liquid, do not discard. Shred beef, removing fat then place back into slow cooker.
- ☐ Pour 1/2–1 cup of liquid back into shredded beef and reduce setting to warm or low. Use beef for tacos and burritos.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:15.279999940292%

Nutrients (% of daily need)

Calories: 240.16kcal (12.01%), Fat: 14.05g (21.62%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.69g (4.1%), Cholesterol: 78.24mg (26.08%), Sodium: 500.4mg (21.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.14%), Zinc: 8.62mg (57.49%), Vitamin B12: 3.1µg (51.6%), Selenium: 23.52µg (33.6%), Vitamin B3: 5.07mg (25.34%), Vitamin B6: 0.47mg (23.57%), Vitamin K: 23.73µg (22.6%), Phosphorus: 219.57mg (21.96%), Iron: 3.66mg (20.35%), Potassium: 536.23mg (15.32%), Vitamin B2: 0.18mg (10.77%), Manganese: 0.19mg (9.41%), Vitamin A: 429.39IU (8.59%), Magnesium: 31.11mg (7.78%), Calcium: 75.87mg (7.59%), Vitamin B5: 0.73mg (7.29%), Fiber: 1.51g (6.02%), Vitamin E: 0.86mg (5.75%), Vitamin B1: 0.08mg (5.41%), Copper: 0.09mg (4.58%), Folate: 11.8µg (2.95%), Vitamin C: 2.24mg (2.71%)