



Slow Cooker Shredded Beef for Tacos and Burritos



Gluten Free



Dairy Free



Low Fod Map

READY IN



485 min.

SERVINGS



12

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound beef chuck boneless
- ☐ 1 teaspoon lawry's seasoned salt to taste
- ☐ 2 ounce taco seasoning

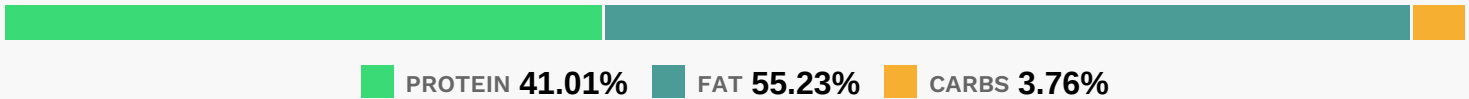
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place beef roast in crock of a slow cooker.
- ☐ Sprinkle taco seasoning over the beef; top with onion slices.
- ☐ Cook on Low 8 to 10 hours.
- ☐ Remove beef to a cutting board and shred with a pair of forks. Return beef to slow cooker and season with seasoned salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.456521853157%

Nutrients (% of daily need)

Calories: 281.04kcal (14.05%), Fat: 17.36g (26.7%), Saturated Fat: 7.62g (47.65%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.89g (0.98%), Cholesterol: 104.33mg (34.78%), Sodium: 697.47mg (30.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29g (58%), Zinc: 11.37mg (75.8%), Vitamin B12: 4.13µg (68.79%), Selenium: 31.15µg (44.5%), Vitamin B3: 6.54mg (32.69%), Vitamin B6: 0.58mg (28.95%), Phosphorus: 285.76mg (28.58%), Iron: 3.47mg (19.25%), Potassium: 502.02mg (14.34%), Vitamin B2: 0.22mg (12.9%), Vitamin B5: 0.93mg (9.28%), Vitamin A: 462.9IU (9.26%), Magnesium: 28.73mg (7.18%), Vitamin B1: 0.1mg (6.65%), Copper: 0.09mg (4.62%), Fiber: 0.89g (3.55%), Vitamin C: 2.13mg (2.58%), Calcium: 25.82mg (2.58%), Vitamin K: 2.27µg (2.16%), Vitamin E: 0.29mg (1.92%), Folate: 4.54µg (1.13%), Vitamin D: 0.15µg (1.01%)