



Slow-Cooker Shredded Beef Nachos

 Gluten Free

READY IN



555 min.

SERVINGS



12

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb beef chuck boneless trimmed of fat
- 1 oz taco seasoning
- 2 garlic clove minced
- 3 tablespoons brown sugar
- 10 oz tortilla chips restaurant-style
- 1 cup colby cheese shredded
- 0.8 cup cream sour
- 0.8 cup salsa thick

- 0.3 cup spring onion sliced
- 0.3 cup olives ripe sliced
- 2 tablespoons cilantro leaves fresh chopped

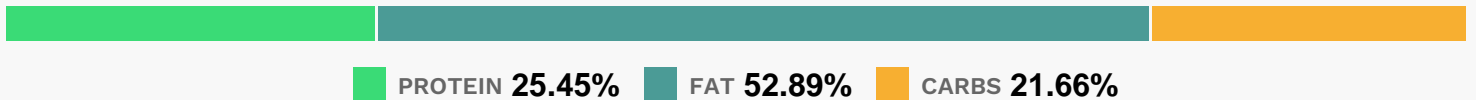
Equipment

- slow cooker

Directions

- Place beef roast in 3 1/2 or 4-quart slow cooker.
- Sprinkle taco seasoning mix, garlic and brown sugar over beef.
- Cover; cook on Low setting for 8 to 9 hours.
- Just before serving, place all topping ingredients in individual serving dishes.
- Remove beef from slow cooker; place on large plate. Shred beef with 2 forks; return to slow cooker and mix well.
- To serve, have guests place chips on serving plates; spoon 1/3 cup beef mixture onto chips. Top nachos with desired toppings. Beef mixture can be held on Low setting for up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:16.913478104965%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 413.49kcal (20.67%), Fat: 24.7g (37.99%), Saturated Fat: 10.12g (63.23%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 20.59g (7.49%), Sugar: 4.77g (5.3%), Cholesterol: 97.18mg (32.39%), Sodium: 582.6mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.47%), Zinc: 9.29mg (61.92%), Vitamin B12: 3.22µg (53.62%), Selenium: 26.82µg (38.31%), Phosphorus: 335.67mg (33.57%), Vitamin B3: 5.33mg (26.66%), Vitamin B6: 0.53mg (26.47%), Iron: 3.11mg (17.3%), Vitamin B2: 0.25mg (14.95%), Calcium: 145.14mg (14.51%),

Potassium: 506.62mg (14.47%), Magnesium: 49.26mg (12.32%), Vitamin K: 12.4µg (11.81%), Vitamin A: 550.34IU (11.01%), Vitamin B5: 1.09mg (10.9%), Vitamin E: 1.45mg (9.69%), Fiber: 2.17g (8.69%), Vitamin B1: 0.12mg (8.06%), Copper: 0.12mg (5.9%), Folate: 11.23µg (2.81%), Vitamin C: 2.07mg (2.51%), Manganese: 0.05mg (2.33%), Vitamin D: 0.18µg (1.2%)