



 **89%**
HEALTH SCORE

Slow-Cooker Shredded Beef Nachos

 **Gluten Free**  **Very Healthy**

READY IN



555 min.

SERVINGS



1

CALORIES



4962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb beef chuck boneless trimmed of fat
- 3 tablespoons brown sugar
- 1 cup colby cheese shredded
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic clove minced
- 0.3 cup spring onion sliced
- 0.3 cup olives ripe sliced
- 0.8 cup salsa thick

- 0.8 cup cream sour
- 1 oz taco seasoning
- 10 oz tortilla chips restaurant-style

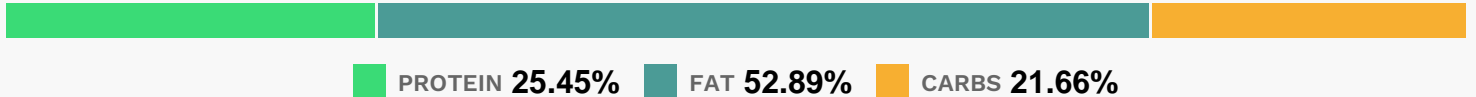
Equipment

- 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:94, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:81.458695701931%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 4961.83kcal (248.09%), Fat: 296.35g (455.93%), Saturated Fat: 121.4g (758.77%), Carbohydrates: 273.15g (91.05%), Net Carbohydrates: 247.09g (89.85%), Sugar: 57.28g (63.64%), Cholesterol: 1166.11mg (388.7%), Sodium: 6991.26mg (303.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 320.81g (641.61%), Zinc: 111.45mg (743%), Vitamin B12: 38.61µg (643.45%), Selenium: 321.82µg (459.74%), Phosphorus: 4028.08mg (402.81%), Vitamin B3: 63.98mg (319.92%), Vitamin B6: 6.35mg (317.68%), Iron: 37.38mg (207.65%), Vitamin B2: 3.05mg (179.35%),

Calcium: 1741.69mg (174.17%), Potassium: 6079.39mg (173.7%), Magnesium: 591.16mg (147.79%), Vitamin K: 148.81µg (141.72%), Vitamin A: 6604.04IU (132.08%), Vitamin B5: 13.08mg (130.8%), Vitamin E: 17.45mg (116.3%), Fiber: 26.06g (104.24%), Vitamin B1: 1.45mg (96.73%), Copper: 1.42mg (70.81%), Folate: 134.8µg (33.7%), Vitamin C: 24.8mg (30.06%), Manganese: 0.56mg (27.9%), Vitamin D: 2.15µg (14.35%)