



Slow-Cooker Smoky Chipotle Soft Tacos

READY IN



390 min.

SERVINGS



18

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup anaheim chili chopped
- 0.8 cup chili sauce
- 3 tablespoons chipotles in adobo chopped (from 7-oz can)
- 18 6-inch flour tortilla soft for tacos & fajitas (; from two 8.2-oz packages)
- 1 teaspoon ground cumin
- 0.5 cup sauce (from 9-oz container)
- 3 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 0.8 teaspoon salt

- 8 oz cheddar cheese shredded
- 1.5 cups tomatoes chopped

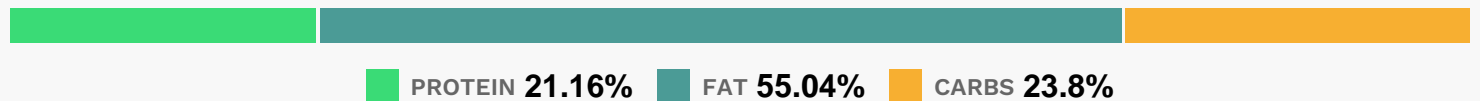
Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, cook beef, onion and Anaheim chile over medium heat about 15 minutes, stirring occasionally, until beef is brown; drain.
- In 3- to 4-quart slow cooker, mix beef mixture, chili sauce, mole sauce, chipotle chiles, cumin and salt.
- Cover; cook on Low heat setting 6 to 7 hours.
- To serve, spoon 1/3 cup beef mixture onto each tortilla; top with cheese and tomatoes.
- Roll up tortillas. Beef mixture will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:5.08, Inflammation Score:-4, Nutrition Score:12.529130531394%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 21.9g (33.69%), Saturated Fat: 9.11g (56.94%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 19.28g (7.01%), Sugar: 5.2g (5.78%), Cholesterol: 66.27mg (22.09%), Sodium: 697.81mg (30.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.89%), Selenium: 21.77µg (31.1%), Vitamin B12: 1.75µg (29.19%), Zinc: 3.84mg (25.61%), Phosphorus: 250.98mg (25.1%), Vitamin B3: 4.8mg (24%), Iron: 2.85mg (15.85%), Vitamin B2: 0.27mg (15.6%), Vitamin B6: 0.31mg (15.49%), Calcium: 153.14mg (15.31%), Vitamin B1: 0.21mg (13.78%),

Folate: 40.72µg (10.18%), Potassium: 337.82mg (9.65%), Manganese: 0.19mg (9.33%), Fiber: 2.03g (8.12%),
Magnesium: 26.88mg (6.72%), Vitamin A: 308.74IU (6.17%), Vitamin C: 4.71mg (5.71%), Copper: 0.11mg (5.4%),
Vitamin K: 5.44µg (5.18%), Vitamin B5: 0.5mg (5.03%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.15µg (1.01%)