



Slow-Cooker Smoky Chipotle Soft Tacos

READY IN



390 min.

SERVINGS



18

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb ground beef 80% lean (at least)
- ☐ 1 cup onion chopped
- ☐ 0.3 cup anaheim chili chopped
- ☐ 0.8 cup chili sauce
- ☐ 0.5 cup sauce (from 9-oz container)
- ☐ 3 tablespoons chipotles in adobo chopped (from 7-oz can)
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 teaspoon salt
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

- ☐ 8 oz cheddar cheese shredded
- ☐ 1.5 cups tomatoes chopped

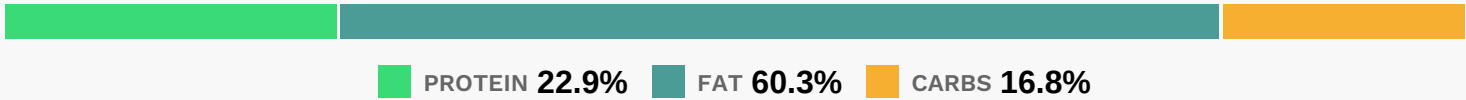
Equipment

- ☐ 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:2.41, Inflammation Score:-4, Nutrition Score:10.666521746179%

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: 310.49kcal (15.52%), Fat: 20.53g (31.59%), Saturated Fat: 8.61g (53.82%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.44g (4.16%), Sugar: 4.57g (5.08%), Cholesterol: 66.27mg (22.09%), Sodium: 572.07mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.09%), Vitamin B12: 1.75µg (29.19%), Selenium: 17.96µg (25.66%), Zinc: 3.75mg (25.01%), Phosphorus: 215.78mg (21.58%), Vitamin B3: 4.04mg (20.22%), Vitamin B6: 0.3mg (14.99%), Calcium: 128.2mg (12.82%), Vitamin B2: 0.22mg (12.76%), Iron: 2.23mg (12.41%),

Potassium: 316.46mg (9.04%), Vitamin B1: 0.12mg (8.05%), Folate: 24.66µg (6.17%), Vitamin A: 308.74IU (6.17%),
Magnesium: 23.12mg (5.78%), Fiber: 1.43g (5.73%), Vitamin C: 4.71mg (5.71%), Manganese: 0.1mg (5.11%), Vitamin B5:
0.47mg (4.75%), Vitamin E: 0.7mg (4.64%), Copper: 0.09mg (4.52%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.15µg
(1.01%)