



Slow-Cooker Spicy BEERbacoa Tacos

 Gluten Free

READY IN



300 min.

SERVINGS



16

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 brisket fresh trimmed of fat (not corned beef)
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 teaspoons vegetable oil
- 3 cloves garlic cut in half
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- 0.5 cup beer
- 2 chipotles in adobo canned

- 1 teaspoon vegetable oil
- 3 cups onion sliced
- 4.7 oz taco shells (10 Count)
- 1 cup queso fresco crumbled
- 1 medium avocado pitted peeled sliced

Equipment

- frying pan
- blender
- slow cooker

Directions

- Spray 5-quart slow cooker with cooking spray.
- Heat 12-inch nonstick skillet over high heat. Season brisket with salt and pepper on both sides.
- Add 2 teaspoons oil to skillet. Cook brisket in oil about 3 minutes on each side or until brown. Carefully transfer brisket to slow cooker, and add garlic.
- Meanwhile, in blender, place chipotle salsa ingredients. Cover; blend on medium speed until smooth.
- Pour half of salsa into slow cooker (about 1 cup). Cover and refrigerate remaining salsa. Cover slow cooker; cook on High heat setting 4 to 4 1/2 hours or until brisket is very tender.
- Meanwhile, in same skillet, add 1 teaspoon oil; heat over high heat. Stir in onion slices. Reduce heat medium-low, and continue cooking and stirring until onions are caramelized, about 15 minutes.
- Remove from skillet; cover and refrigerate until serving time.
- Remove brisket from slow cooker, and shred with fork. Reheat caramelized onions. Spoon brisket into each taco shell, and top with caramelized onions. Spoon 1 tablespoon reserved salsa over each; top with queso fresco and avocado.

Nutrition Facts



■ PROTEIN 37.13% ■ FAT 46.81% ■ CARBS 16.06%

Properties

Glycemic Index:14.84, Glycemic Load:4.09, Inflammation Score:-4, Nutrition Score:14.22347833281%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 288.98kcal (14.45%), Fat: 14.71g (22.63%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 9.04g (3.29%), Sugar: 2.38g (2.65%), Cholesterol: 75.55mg (25.18%), Sodium: 288.54mg (12.55%), Alcohol: 0.29g (100%), Alcohol %: 0.17% (100%), Protein: 26.26g (52.51%), Vitamin B12: 2.88µg (48.08%), Zinc: 5.36mg (35.71%), Selenium: 20.79µg (29.7%), Phosphorus: 293.82mg (29.38%), Vitamin B6: 0.58mg (28.88%), Vitamin B3: 4.92mg (24.6%), Iron: 2.66mg (14.77%), Potassium: 512.62mg (14.65%), Vitamin B2: 0.24mg (14.09%), Vitamin B1: 0.16mg (10.55%), Magnesium: 42.1mg (10.52%), Fiber: 2.31g (9.26%), Folate: 30.56µg (7.64%), Calcium: 74.77mg (7.48%), Copper: 0.14mg (7.04%), Manganese: 0.14mg (6.76%), Vitamin B5: 0.64mg (6.42%), Vitamin K: 6.64µg (6.32%), Vitamin E: 0.78mg (5.23%), Vitamin C: 4.11mg (4.99%), Vitamin A: 184.9IU (3.7%), Vitamin D: 0.21µg (1.37%)