



Slow-Cooker Taco Joes

 Gluten Free

READY IN



255 min.

SERVINGS



25

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb ground beef 80% lean (at least)
- ☐ 16 oz refried beans traditional canned
- ☐ 10 oz enchilada sauce red canned
- ☐ 1 oz beef broth 25%
- ☐ 16 oz salsa thick
- ☐ 25 bratwurst split
- ☐ 12 oz cheddar cheese shredded
- ☐ 3 cups lettuce shredded

- ☐ 2 cups tomatoes chopped
- ☐ 12 oz cream sour

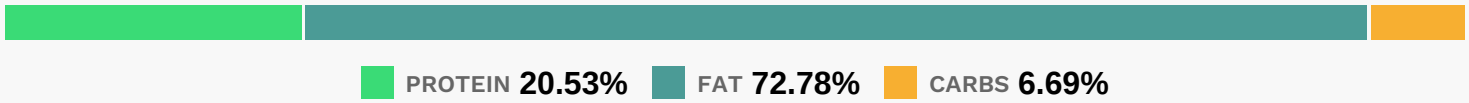
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 12-inch skillet, cook beef over medium heat, stirring occasionally, until brown; drain. In 3 1/2- to 4-quart slow cooker, place beef. Stir in refried beans, enchilada sauce, taco seasoning mix and salsa.
- ☐ Cover and cook on Low heat setting 4 to 6 hours.
- ☐ To serve, fill each bun with about 1/3 cup beef mixture and top with cheese, lettuce, tomato and sour cream.

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:15.157826029736%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 459.07kcal (22.95%), Fat: 36.75g (56.53%), Saturated Fat: 14.47g (90.46%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.07g (2.21%), Sugar: 3.02g (3.35%), Cholesterol: 108.44mg (36.15%), Sodium: 1006.85mg (43.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.65%), Selenium: 37.08µg (52.98%), Zinc: 4.94mg (32.96%), Vitamin B12: 1.84µg (30.71%), Phosphorus: 303.62mg (30.36%), Vitamin B3: 5.78mg (28.91%), Vitamin B1: 0.35mg (23.1%), Vitamin B6: 0.45mg (22.53%), Vitamin B2: 0.36mg (21.15%), Calcium: 145.51mg (14.55%), Potassium: 494.73mg (14.14%), Iron: 1.87mg (10.39%), Vitamin A: 498.86IU (9.98%), Vitamin B5: 0.85mg (8.48%), Magnesium: 32.51mg (8.13%), Vitamin K: 7.55µg (7.19%), Copper: 0.13mg (6.43%), Fiber: 1.53g (6.11%),

Vitamin D: 0.85µg (5.66%), Vitamin E: 0.78mg (5.21%), Folate: 13.4µg (3.35%), Manganese: 0.06mg (3.2%), Vitamin C: 2.57mg (3.11%)