



Southern Texas-Style Beef Barbacoa

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck boneless
- 1.5 teaspoons cayenne pepper
- 1.5 teaspoons chili powder
- 1.5 teaspoons garlic powder
- 1 teaspoon ground cumin
- 1.5 teaspoons ground pepper black
- 1 tablespoon oregano dried
- 1 teaspoon salt

- 1 teaspoon lawry's seasoned salt

Equipment

- bowl
- oven
- mixing bowl
- roasting pan
- grill
- aluminum foil

Directions

- Prepare a smoker with dampened hickory wood charcoal. The heat inside your grill or smoker should be around 180 to 200 degrees F (80 to 95 degrees C).
- Combine the black pepper, oregano, cayenne pepper, chili powder, garlic powder, cumin, salt, and seasoned salt in a small bowl until thoroughly mixed.
- Place the chuck roast into a mixing bowl, and rub all over with the spice mixture.
- Place the meat into the smoker, and smoke for 1 1/2 hours, turning about every half hour. The meat should be a dark red color, and the edges should be darkened.
- Place the meat into a roasting pan, and seal tightly with aluminum foil.
- Preheat an oven to 325 degrees F (165 degrees C).
- Bake the barbacoa in the preheated oven for 1 1/2 hours until very tender. Uncover the beef, and shred with two forks while still hot.

Nutrition Facts


PROTEIN 41.73% **FAT 56.26%** **CARBS 2.01%**

Properties

Glycemic Index:6.58, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:12.83347808926%

Nutrients (% of daily need)

Calories: 209.21kcal (10.46%), Fat: 13.16g (20.25%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.08g (0.08%), Cholesterol: 78.24mg (26.08%), Sodium: 484.27mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.97g (43.94%), Zinc: 8.58mg (57.19%), Vitamin B12: 3.1µg (51.6%), Selenium: 23.56µg (33.66%), Vitamin B3: 4.99mg (24.93%), Vitamin B6: 0.46mg (22.88%), Phosphorus: 219.2mg (21.92%), Iron: 2.73mg (15.19%), Potassium: 402.5mg (11.5%), Vitamin B2: 0.17mg (10.16%), Vitamin B5: 0.71mg (7.09%), Magnesium: 24.76mg (6.19%), Vitamin B1: 0.08mg (5.33%), Vitamin K: 5.18µg (4.93%), Manganese: 0.08mg (4.17%), Copper: 0.08mg (4.12%), Vitamin A: 203.46IU (4.07%), Vitamin E: 0.47mg (3.15%), Calcium: 30.32mg (3.03%), Fiber: 0.45g (1.79%), Folate: 4.96µg (1.24%)