



Spicy BEERbacoa Tacos

 Gluten Free

READY IN



300 min.

SERVINGS



16

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado pitted peeled sliced
- 1 brisket fresh trimmed of fat (not corned beef)
- 0.5 cup beer
- 2 chipotles in adobo canned
- 14.5 oz canned tomatoes diced fire roasted organic undrained muir glen® canned
- 3 cloves garlic cut in half
- 3 cups onion sliced
- 0.3 teaspoon pepper

- 1 cup queso fresco crumbled
- 0.5 teaspoon salt
- 16 taco shells old el paso® stuff®
- 1 teaspoon vegetable oil

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



Properties

Glycemic Index:14.84, Glycemic Load:5.51, Inflammation Score:-4, Nutrition Score:14.513043553933%

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: 301.48kcal (15.07%), Fat: 14.95g (23%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 11.13g (4.05%), Sugar: 2.44g (2.71%), Cholesterol: 75.55mg (25.18%), Sodium: 300.44mg (13.06%), Alcohol: 0.29g (100%), Alcohol %: 0.17% (100%), Protein: 26.49g (52.99%), Vitamin B12: 2.88µg (48.08%), Zinc: 5.42mg (36.1%), Phosphorus: 302.38mg (30.24%), Selenium: 20.97µg (29.95%), Vitamin B6: 0.59mg (29.25%), Vitamin B3: 4.99mg (24.94%), Iron: 2.72mg (15.11%), Potassium: 521.1mg (14.89%), Vitamin B2: 0.24mg (14.26%), Magnesium: 45.15mg (11.29%), Vitamin B1: 0.17mg (11.08%), Fiber: 2.56g (10.24%), Folate: 33.09µg (8.27%), Calcium: 78.44mg (7.84%), Manganese: 0.16mg (7.8%), Copper: 0.14mg (7.24%), Vitamin B5: 0.64mg (6.42%), Vitamin K: 5.92µg (5.64%), Vitamin E: 0.76mg (5.09%), Vitamin C: 4.11mg (4.99%), Vitamin A: 185.52IU (3.71%), Vitamin D: 0.21µg (1.37%)