



Spicy Shredded Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 2.5 pounds boned beef chuck
- ☐ 14.5 oz canned tomatoes chopped canned
- ☐ 2 tablespoons regular chili powder dried
- ☐ 7 oz chipotle sauce canned (see notes)
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon honey

- ☐ 4 oz jalapeño chiles diced drained canned
- ☐ 2.5 teaspoons kosher salt
- ☐ 1 onion chopped

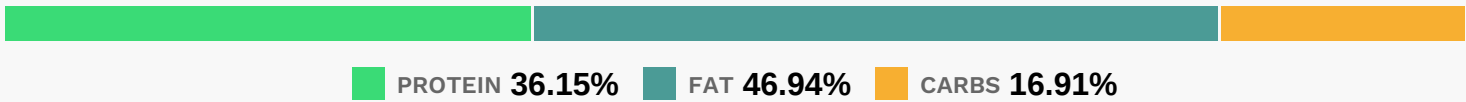
Equipment

- ☐ ladle

Directions

- ☐ Rinse beef and trim off excess fat. Put in a slow-cooker (at least 5 qt.).
- ☐ Add tomatoes (with juice), chipotle sauce or salsa, jalapeos, onion, garlic, ground chile, honey, salt, and cumin; pour broth over the top.
- ☐ Cover and cook on low until beef is very tender when pierced, 8 to 10 hours. If desired, remove lid for last 30 minutes to allow sauce to reduce and thicken.
- ☐ With a heavy fork, transfer meat to a rimmed board or plate. Shred with two forks. Ladle out half the sauce and reserve (see notes). Return shredded beef to the remaining sauce in slow-cooker, cover, and let warm.
- ☐ Serve in sandwiches.

Nutrition Facts



Properties

Glycemic Index:23.03, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:22.165217355542%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 318.17kcal (15.91%), Fat: 16.96g (26.09%), Saturated Fat: 7.31g (45.66%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 8.91g (3.24%), Sugar: 7.4g (8.22%), Cholesterol: 97.81mg (32.6%), Sodium: 1167.29mg (50.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.77%), Zinc: 10.96mg (73.07%), Vitamin B12: 3.91µg

(65.2%), Selenium: 30.66µg (43.8%), Vitamin B3: 7.68mg (38.38%), Vitamin B6: 0.76mg (37.97%), Phosphorus: 308.89mg (30.89%), Vitamin C: 22.95mg (27.82%), Iron: 4.93mg (27.37%), Potassium: 758.28mg (21.67%), Fiber: 4.84g (19.35%), Vitamin A: 879.5IU (17.59%), Vitamin B2: 0.28mg (16.49%), Vitamin E: 2.19mg (14.63%), Magnesium: 46.16mg (11.54%), Vitamin B5: 1.11mg (11.13%), Copper: 0.22mg (10.97%), Manganese: 0.21mg (10.54%), Vitamin B1: 0.15mg (10.27%), Vitamin K: 9.67µg (9.21%), Calcium: 61.6mg (6.16%), Folate: 19.24µg (4.81%)