



Sweet and Spicy Beef Nachos

 Gluten Free

READY IN



300 min.

SERVINGS



10

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup musselman's® apple butter
- ☐ 1 medium avocado ripe chopped
- ☐ 2 pound beef chuck
- ☐ 0.3 cup olives black sliced
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions chopped

- ☐ 3 cups cheese blend shredded mexican-style
- ☐ 1 onion sliced
- ☐ 15 ounce enchilada sauce red canned
- ☐ 1 cup salsa
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 medium tomatoes chopped
- ☐ 16 ounce tortilla chips

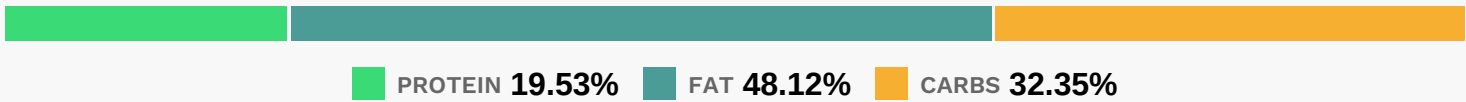
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Pour the enchilada sauce and apple butter in a Crock-Pot.
- ☐ Place the beef roast in it, followed by sliced onions, garlic, salt and red pepper. Cover and turn the Crock-Pot on high for 4 to 5 hours, until the beef is falling apart.
- ☐ Using two forks, shred the beef roast into the sauce, and leave on warm until ready to serve.
- ☐ For the Beef Nachos: Preheat the oven to 350 degrees F. Arrange the tortilla chips on a large rimmed baking sheet.
- ☐ Sprinkle half the cheese over the top and bake for 3 to 5 minutes to melt the cheese.
- ☐ Scoop the chili con carne over the chips, and sprinkle the remaining cheese over the hot beef. Top with any additional toppings and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:21.941304414169%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 608.28kcal (30.41%), Fat: 33.19g (51.06%), Saturated Fat: 11.95g (74.72%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 44.32g (16.12%), Sugar: 13.4g (14.89%), Cholesterol: 95.92mg (31.97%), Sodium: 1268.95mg (55.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.62%), Zinc: 8.73mg (58.19%), Vitamin B12: 3.27µg (54.45%), Phosphorus: 430.74mg (43.07%), Selenium: 27.47µg (39.25%), Vitamin B6: 0.59mg (29.52%), Calcium: 267.14mg (26.71%), Vitamin B3: 5.13mg (25.67%), Vitamin K: 24.89µg (23.7%), Fiber: 5.88g (23.52%), Magnesium: 77.59mg (19.4%), Vitamin E: 2.88mg (19.23%), Vitamin B2: 0.33mg (19.19%), Potassium: 668.68mg (19.11%), Vitamin A: 951.96IU (19.04%), Iron: 3.42mg (19.02%), Vitamin B5: 1.56mg (15.58%), Vitamin B1: 0.17mg (11.62%), Copper: 0.2mg (9.98%), Manganese: 0.2mg (9.81%), Folate: 34.68µg (8.67%), Vitamin C: 6.94mg (8.42%), Vitamin D: 0.23µg (1.5%)