

Gluten Free Crock Pot Mexican Shredded Beef Taco

Yield: 7 min
Total Time: 485 min

Recipe from: <https://www.recipeschoose.com/recipes/best-mexican-shredded-beef-taco-recipe>

Ingredients:

- 3 pounds boneless beef chuck roast
- 7 ounces diced green chiles
- 1 teaspoon minced garlic
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 lime
- corn tortillas and toppings

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 130 milligrams
4. Fat: 36 grams
5. Fiber: 3 grams
6. Protein: 38 grams
7. SaturatedFat: 14 grams
8. Sodium: 430 milligrams
9. Sugar: 1 grams

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