

Crunch Wraps

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-totopos-recipe>

Ingredients:

- 1 pound ground beef prepared with 1 pkg of taco seasoning according to pkg directions, for my family I only use have a pkg or I hear ...
- 5 tortillas burrito sized, warmed
- sour cream
- salsa
- pico de gallo
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- tomatoes
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- cheese sauce
- shredded cheddar cheese
- tortilla chips slightly crushed, we used Fritos
- shredded lettuce

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 85 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 10 grams
8. Sodium: 730 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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