

# Mexican Beef Taco Cups

Yield: 4 min  
Total Time: 32 min

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

## Ingredients:

- 4 whole wheat tortillas
- 1 pound extra lean ground beef or lean
- 3 tablespoons taco seasoning
- 1/2 cup salsa
- 1/2 cup sliced black olives
- 1/2 cup mexican blend cheese 2% shredded
- sour cream optional

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 90 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 7 grams
8. Sodium: 920 milligrams
9. Sugar: 3 grams

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