

# Taco Salad with Nacho Cheese Tortilla Chips

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/doritos-cool-ranch-mexican-chicken-recipe>

## Ingredients:

- 1 pound ground beef
- 2 tablespoons taco seasoning
- 1 head romaine lettuce cut into bite sized pieces
- 2 Roma tomatoes diced
- 1/2 onion diced, white or red onion
- 1 avocado diced
- ranch dressing
- 1 bag doritos Nacho cheese flavored
- cheddar cheese shredded
- cilantro

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 80 milligrams
4. Fat: 26 grams
5. Fiber: 8 grams
6. Protein: 26 grams
7. SaturatedFat: 9 grams
8. Sodium: 230 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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