

Easy Mexican Haystacks

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- rice
- 1/4 cup onion optional
- 1 pound ground turkey
- 1 jar salsa
- tomato
- red bell pepper
- cilantro
- avocado
- shredded cheese
- corn
- tortilla chips optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 95 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 440 milligrams
9. Sugar: 3 grams

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