

# Mexican Taco Quiche

Yield: 8 min  
Total Time: 85 min

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

## Ingredients:

- 5 eggs beaten
- 2 cups milk
- 8 ounces chunky salsa
- 1/2 green bell pepper chopped
- 1/2 onion chopped
- 16 ounces Mexican style cheese shredded, blend
- salt
- black pepper
- 1 pound ground beef
- 1 ounce taco seasoning mix
- 1 deep dish pie crust 9 inch unbaked

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 235 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 19 grams
8. Sodium: 1440 milligrams
9. Sugar: 9 grams
10. TransFat: 0.5 grams

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