

# American Indian Fry Bread "Taco"

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/seminole-indian-pumpkin-fry-bread-recipe>

## Ingredients:

- bread
- 1 1/2 cups flour all-purpose
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup warm water
- canola oil for frying
- 1/2 pound ground beef
- 1 can diced green chilies
- 15 ounces pinto beans
- 1 cup diced tomatoes
- 2 cups shredded lettuce
- salsa
- sour cream

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 5 grams
8. Sodium: 670 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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