

Keto Cheesy Mexican Taco Skillet

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-cheesy-mexican-taco-skillet-recipe>

Ingredients:

- 1 tablespoon avocado oil
- 1 pound ground beef
- 1/2 white onion diced
- 1/2 bell pepper diced
- 4 ounces green chilis
- 3 tablespoons taco seasoning
- 2 Roma tomatoes seeded and diced
- 12 ounces cauliflower rice
- 1 cup shredded Mexican blend cheese
- 1 avocado diced
- 1 jalapeño thinly sliced
- 1/4 cup sour cream
- 2 tablespoons cilantro minced

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 120 milligrams
4. Fat: 41 grams
5. Fiber: 7 grams
6. Protein: 33 grams
7. SaturatedFat: 16 grams
8. Sodium: 650 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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