

Mexican Cornbread...Sans Corn, of course

Yield: 6 min
Total Time: 75 min

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

Ingredients:

- 1 1/2 pounds ground beef
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon onions minced dried
- 1 teaspoon garlic salt
- 1/4 teaspoon garlic powder
- 14 ounces diced tomatoes
- 1 teaspoon coconut oil
- 1 green bell pepper
- 1/2 cup shredded Monterey Jack cheese
- 1/2 cup almond meal coarsely ground
- 1/2 cup flax meal golden
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 eggs
- 1/2 cup shredded Monterey Jack cheese
- 1 tablespoon olive oil

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 235 milligrams
4. Fat: 39 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 13 grams
8. Sodium: 620 milligrams

9. Sugar: 4 grams
 10. TransFat: 1 grams
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