

Keto Mexican Skillet

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- 1 pound beef ground
- 1/2 cup onion diced
- 1 jalapeno small deseeded and diced
- 3 tablespoons taco seasoning
- 4 ounces black olives chopped
- 1 cup tomatoes diced
- 10 ounces cauliflower rice frozen
- 1/4 cup chicken broth
- 1 cup cheddar cheese or Mexican Blend shredded

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 85 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 10 grams
8. Sodium: 550 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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