

Mexican Cornbread Casserole (Low Carb, Gluten Free)

Yield: 10 min
Total Time: 50 min

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

Ingredients:

- 2 pounds ground beef Butcher Box, organic, grass-fed
- 1 cup onion diced
- 2 cloves garlic minced
- 2 teaspoons cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- chili powder optional
- 1 1/2 cups salsa homemade
- 2 cups cheddar cheese Mexican-style, shredded
- 4 eggs
- 1 1/4 cups milk or cream
- 1/2 cup butter softened
- 1 cup coconut flour 107 g
- 1/2 teaspoon salt
- 1/4 teaspoon liquid stevia clear
- 1 teaspoon baking soda
- 1 teaspoon extract corn
- 1/2 cup cheddar cheese

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 205 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 25 grams

8. Sodium: 960 milligrams
 9. Sugar: 5 grams
 10. TransFat: 1 grams
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