

Kate's Taco Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-salad-corn-beans>

Ingredients:

- 1 pound ground beef
- taco seasoning mix
- 1 head iceberg lettuce chopped
- 3 chopped tomatoes
- 2 avocados chopped
- 1 cup shredded cheddar
- 2 cups fritos
- onion
- corn
- beans
- salad

Nutrition:

1. Calories: 1160 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 105 milligrams
4. Fat: 73 grams
5. Fiber: 16 grams
6. Protein: 41 grams
7. SaturatedFat: 19 grams
8. Sodium: 970 milligrams
9. Sugar: 9 grams
10. TransFat: 2.5 grams

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