

# Mexican Burger

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-burger-recipe-uk>

## Ingredients:

- 1 Vidalia onion Large
- 1 red pepper
- 1 yellow pepper
- 1 pound lean ground beef
- 2 teaspoons taco seasoning
- 1 avocado large
- 1 tablespoon salsa verde
- 1 tablespoon olive oil

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 70 milligrams
4. Fat: 17 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 150 milligrams
9. Sugar: 3 grams

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