

Mexican Burgers

Yield: 4 min
Total Time: 22 min

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

Ingredients:

- 1 pound ground beef
- 1 tablespoon knorr beef flavor bouillon
- 2 tablespoons chopped fresh cilantro
- 1 avocado thinly sliced
- 1/4 cup red onion thinly sliced

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 8 grams
8. Sodium: 90 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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