

Keto Mexican Beef Bowls

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/zesty-mexican-cauliflower-recipe>

Ingredients:

- 1 cup tomato diced
- 2 tablespoons jalapeno peppers jarred, * diced, or you can use fresh, see notes
- 1 tablespoon lime juice
- 1 head cauliflower * riced, about 4 cups
- 1 pound ground beef
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup cheese cojita, crumbled
- 1 tablespoon mayonnaise * see notes
- 1 teaspoon lime juice

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 85 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 800 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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