

Homemade Mexican Chalupas

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/you-tube-recipe-for-mexican-chulpuss>

Ingredients:

- 2 1/4 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 ounce shortening
- 1 cup milk
- canola oil for frying
- 1 pound ground beef cooked
- sharp cheddar cheese
- lettuce
- diced tomatoes
- sour cream
- taco sauce

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 45 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 420 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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