

# Mexican Crunch Wrap

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-crunch-wrap-recipe>

## Ingredients:

- 1 pound ground beef
- 1 cup water
- 4 tablespoons taco seasoning Penzey's, or package taco mix
- 1/2 cup chopped onion
- 1 handful fresh cilantro
- 1 1/2 tablespoons butter
- 1 tablespoon cornstarch
- 1/2 cup milk plus more if needed
- 2 tablespoons water
- 2 tablespoons cream cheese
- 1 1/2 cups cheddar cheese grated
- 3 drops tabasco or 1/2 teaspoon hot sauce
- 1 teaspoon seasoning from taco sauce
- 6 flour tortillas 10-inch, warmed
- 6 tostadas or 6 corn tortillas cut to 5 inches around and quickly fried
- 1 cup sour cream
- 1/4 cup taco sauce
- 2 tomatoes
- 2 cups shredded lettuce
- cooking oil for frying

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 115 milligrams
4. Fat: 45 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 20 grams

8. Sodium: 920 milligrams
  9. Sugar: 7 grams
  10. TransFat: 1 grams
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