

Mexican Frittata

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 tablespoon olive oil
- 1/2 pound ground beef
- 2 teaspoons taco seasoning
- 1/2 cup salsa
- 1 green pepper small, chopped
- 1/3 pound plum tomatoes sliced
- 3 scallions chopped
- 8 eggs scrambled
- 1/4 teaspoon salt
- 1/2 cup cheddar cheese grated

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 475 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 10 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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