

Layered Nacho Bake

Yield: 20 min
Total Time: 70 min

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

Ingredients:

- 1 pound ground beef
- 1 onion chopped
- 1 1/4 ounces seasoning mix taco
- 32 ounces refried beans
- 2 cups shredded cheddar cheese
- 15 ounces salsa
- 12 ounces tortilla chips
- iceberg lettuce chopped, optional
- green onions chopped, optional
- diced tomatoes optional
- shredded cheddar cheese optional
- avocado diced, optional
- sour cream optional
- taco sauce optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 620 milligrams
9. Sugar: 2 grams

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