

# Healthy & Low Carb Mexican Taco Bake Casserole

Yield: 9 min  
Total Time: 45 min

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

## Ingredients:

- 1 1/4 pounds ground beef
- 1/4 medium yellow onion
- 1/4 bell pepper medium, chopped
- 1/2 cup heavy whipping cream
- 1/2 cup beef broth
- 3 ounces cream cheese
- 10 ounces riced cauliflower steam bag
- 3 tablespoons taco seasoning [click for recipe](#), Make your own or use a packet
- 1/4 cup salsa
- 1/2 teaspoon pepper
- 3 tortillas Mission, low carb
- 3 cups colby jack cheese shredded
- 1/2 teaspoon fresh parsley, chopped

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 115 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 18 grams
8. Sodium: 660 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

Thank you for visiting our website. Hope you enjoy Healthy & Low Carb Mexican Taco Bake Casserole above. You can see more 17 mexican taco bake casserole recipe Cook up something special! to get more great cooking ideas.