

Taco Burgers

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 pound ground beef
- 1 ounce taco seasoning mild Ol El Paso
- 2 tablespoons onion grated
- 1 tablespoon Worcestershire sauce
- salt
- black pepper
- 1 cup crushed corn chips
- 4 slices jack cheese cheddar
- 4 hamburger buns
- lettuce
- tomato
- sour cream
- salsa

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 105 milligrams
4. Fat: 44 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 16 grams
8. Sodium: 1650 milligrams
9. Sugar: 7 grams
10. TransFat: 1.5 grams

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