

Easy Mexican Tenderloin

Yield: 4 min
Total Time: 22 min

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

Ingredients:

- 1 pound loin beef or venison loin
- 4 cloves garlic minced
- 1 tablespoon fresh lime juice
- 1 tablespoon oil or avocado oil
- 4 teaspoons taco seasoning Maria's Keto Kitchen, or homemade taco seasoning
- 1 tablespoon lard
- 2 teaspoons fine grain sea salt
- salsa optional
- guacamole optional
- limes optional
- cilantro leaves optional

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 85 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 13 grams
8. Sodium: 1430 milligrams
9. Sugar: 1 grams

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