

Mexican Stuffed Zucchini Boats

Yield: 5 min
Total Time: 75 min

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

Ingredients:

- 2 zucchini large, about 30 oz.
- 1 pound ground beef
- 1 package taco seasoning or 2 Tbsp homemade
- 4 ounces cream cheese
- 1/2 cup canned black beans drained
- 1 1/2 cups pico de gallo or salsa
- 1 cup taco sauce
- 1 cup shredded cheddar cheese
- 3 green onions chopped

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 110 milligrams
4. Fat: 29 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 14 grams
8. Sodium: 1550 milligrams
9. Sugar: 12 grams
10. TransFat: 1 grams

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