

Mini Taco Cups

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 12 fajita size flour tortillas
- 1 cup shredded cheddar cheese
- taco meat seasoned ground beef or turkey, or shredded/diced chicken
- lettuce Chopped
- 1 can corn
- salad Your favorite, toppings, tomatoes, olives, green onions, etc.
- 2 tablespoons ranch dressing bottled
- 4 tablespoons salsa
- 1 pound ground turkey or beef
- 1 can chili beans undrained
- 2 cups salsa
- 10 ounces corn drained

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 128 grams
3. Cholesterol: 140 milligrams
4. Fat: 38 grams
5. Fiber: 16 grams
6. Protein: 55 grams
7. SaturatedFat: 12 grams
8. Sodium: 3090 milligrams
9. Sugar: 18 grams

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