

Easy Mexican Casserole(S or E)

Yield: 5 min
Total Time: 55 min

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

Ingredients:

- 1 pound hamburger
- 1/2 onion chopped
- 1 cup salsa pick your own heat
- 2 tortillas low carb, I use La Tortilla Factory
- 1 1/2 cups cheddar cheese
- salt
- pepper

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 95 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 13 grams
8. Sodium: 910 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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