

Doritos Taco Salad

Yield: 14 min
Total Time: 20 min

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

Ingredients:

- 1 pound 95% lean ground beef
- 1 1/4 ounces taco seasoning reduced sodium
- 1 head iceberg lettuce medium-large, chopped into bite sized pieces
- 1 large tomato diced
- 4 ounces sharp cheddar cheese low-fat or 2%, shredded
- 4 ounces doritos nacho cheese, broken up into bite sized pieces
- 1 cup catalina dressing light, like Kraft Lite Catalina

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 30 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 4 grams
8. Sodium: 820 milligrams
9. Sugar: 12 grams

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