

One Point Weight Watchers Taco Casserole

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-indian-chicken-recipe>

Ingredients:

- 1 pound ground chicken breast or turkey
- 1/2 white onion diced
- 1 can whole kernel corn
- 1 can black beans
- 1 tablespoon taco seasoning
- 2 tablespoons taco sauce
- 1/4 cup fat free sour cream
- 1/2 cup fat free shredded cheddar cheese
- 1 cup fresh tomatoes diced
- 1/3 cup green onions

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 65 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 410 milligrams
9. Sugar: 2 grams

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