



Bacon Cheeseburger Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 1 lb ground beef lean
- 2 Tbsp heinz mustard yellow
- 1 onion chopped
- 1 cup sharp cheddar cheese shredded kraft
- 4 cups ore-ida tater tots ()
- 0.3 cup heinz tomato ketchup

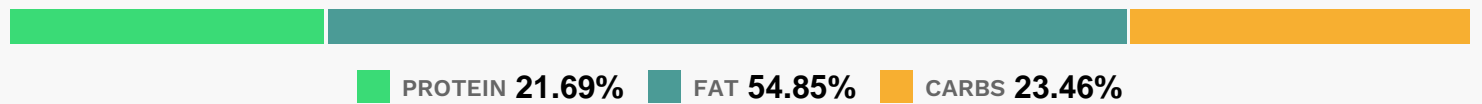
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 400F.
- Brown ground beef with onions in skillet; drain. Return meat to skillet. Stir in ketchup and mustard.
- Spoon into 9-inch square baking dish sprayed with cooking spray; top with remaining ingredients.
- Bake 30 to 35 min. or until casserole is heated through and potato nuggets are golden brown.

Nutrition Facts



Properties

Glycemic Index:1.72, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.960000006401%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 58.34kcal (2.92%), Fat: 3.58g (5.51%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.48g (0.53%), Cholesterol: 10.21mg (3.4%), Sodium: 111.45mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Selenium: 3.18µg (4.55%), Vitamin B3: 0.87mg (4.33%), Phosphorus: 41.94mg (4.19%), Zinc: 0.62mg (4.16%), Vitamin B12: 0.24µg (4.08%), Vitamin B6: 0.07mg (3.65%), Vitamin B1: 0.04mg (2.35%), Vitamin B2: 0.04mg (2.21%), Potassium: 75.33mg (2.15%), Calcium: 19.53mg (1.95%), Iron: 0.3mg (1.69%), Magnesium: 5.49mg (1.37%), Fiber: 0.31g (1.26%), Vitamin B5: 0.12mg (1.23%), Vitamin C: 0.94mg (1.14%), Manganese: 0.02mg (1.02%)