

# Bacon Tater Bake

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 20 ounces cream of mushroom soup undiluted canned
- 1 pound bacon crumbled cooked sliced
- 1 large onion chopped
- 1.3 cups cream sour
- 32 ounces potato tots frozen

## Equipment

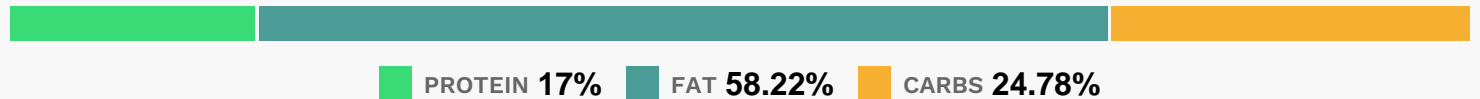
- bowl
- oven

baking pan

## Directions

- In a large bowl, combine the soup, sour cream and onion.
- Add the bacon and Tater Tots; stir until combined.
- Transfer to a greased 13-in. x 9-in. baking dish. Cover and bake at 350° for 50 minutes. Uncover and bake 8-10 minutes longer or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:13.353043442187%

## Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 483.23kcal (24.16%), Fat: 31.57g (48.56%), Saturated Fat: 10.58g (66.12%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 27.67g (10.06%), Sugar: 1.95g (2.17%), Cholesterol: 65.83mg (21.94%), Sodium: 1583.28mg (68.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.48%), Vitamin B3: 7.05mg (35.26%), Selenium: 24.48µg (34.97%), Vitamin B1: 0.45mg (29.69%), Phosphorus: 280.87mg (28.09%), Vitamin B6: 0.48mg (24.05%), Potassium: 593.88mg (16.97%), Zinc: 2.38mg (15.89%), Manganese: 0.31mg (15.45%), Vitamin B2: 0.25mg (14.88%), Copper: 0.24mg (12.2%), Vitamin B12: 0.65µg (10.83%), Fiber: 2.55g (10.18%), Vitamin B5: 1mg (10.04%), Magnesium: 38.02mg (9.5%), Vitamin C: 7.65mg (9.27%), Iron: 1.33mg (7.41%), Folate: 24.08µg (6.02%), Calcium: 54.38mg (5.44%), Vitamin A: 211.76IU (4.24%), Vitamin E: 0.42mg (2.79%), Vitamin K: 2.88µg (2.74%), Vitamin D: 0.18µg (1.21%)