



Beef and Onion Tater Tot Casserole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 21.5 ounce cream of mushroom soup undiluted canned
- 2 lbs ground beef lean
- 6 servings salt and pepper
- 2 lb potato tots frozen

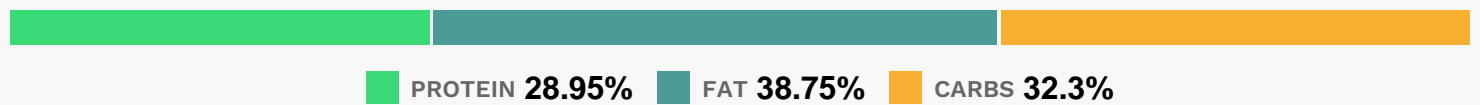
Equipment

- frying pan
- oven

Directions

- In lightly greased 13x9-inch pan, break up (raw)hamburger evenly onto bottom of pan.2 Lightly sprinkle with salt and pepper. Gently press beef into pan but don't press hard. You don't want it to be compact and come out hard.3 Evenly spread with soup, undiluted.4 Top evenly with tater tots. You'll have just a few left over.5
- Bake in 375° oven, uncovered, for 35 minutes.6 Cool 5–10 minutes before serving.7
- Additions:.8 Top beef with 1 can french-cut green beans, drained. (Then top with soup.).9 Top soup with Sargento 4-Blend Mexican cheese, shredded, 2 cups (then top with tater tots).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:23.734347814775%

Nutrients (% of daily need)

Calories: 551.85kcal (27.59%), Fat: 23.86g (36.71%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 40.91g (14.88%), Sugar: 0.45g (0.5%), Cholesterol: 98.82mg (32.94%), Sodium: 1695.72mg (73.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.11g (80.23%), Zinc: 9.22mg (61.48%), Vitamin B3: 12.11mg (60.54%), Vitamin B12: 3.55µg (59.16%), Vitamin B6: 0.94mg (47.09%), Phosphorus: 430.13mg (43.01%), Selenium: 26.76µg (38.23%), Potassium: 1044.29mg (29.84%), Iron: 5.07mg (28.15%), Manganese: 0.5mg (24.86%), Vitamin B1: 0.36mg (24.03%), Vitamin B2: 0.4mg (23.6%), Copper: 0.44mg (21.96%), Magnesium: 66.08mg (16.52%), Vitamin B5: 1.61mg (16.11%), Fiber: 3.83g (15.33%), Vitamin C: 10.43mg (12.65%), Folate: 40.37µg (10.09%), Vitamin K: 4.38µg (4.18%), Vitamin E: 0.6mg (4.03%), Calcium: 38.96mg (3.9%), Vitamin D: 0.15µg (1.01%)