



CHEEZ WHIZ & TATER TOTS Bake



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

Ingredients

- 0.8 cup cheez whiz cheese dip
- 1 lb ground beef
- 1 cup taco bellâ® & chunky salsa thick
- 16 oz ore-ida tater tots

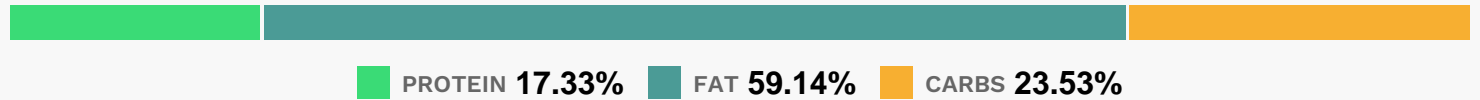
Equipment

- oven
- baking pan

Directions

- Preheat oven to 425F. Brown meat; drain.
- Mix with remaining ingredients.
- Spoon into 13x9-inch baking dish.
- Bake 20 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:13.171739039214%

Nutrients (% of daily need)

Calories: 427.58kcal (21.38%), Fat: 28.34g (43.61%), Saturated Fat: 10.81g (67.56%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 22.69g (8.25%), Sugar: 3.86g (4.29%), Cholesterol: 75.86mg (25.29%), Sodium: 1160.28mg (50.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.38%), Phosphorus: 422.33mg (42.23%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.94mg (26.24%), Vitamin B3: 5.12mg (25.62%), Vitamin B6: 0.47mg (23.73%), Selenium: 11.96µg (17.08%), Potassium: 583.45mg (16.67%), Vitamin B2: 0.25mg (14.42%), Calcium: 142.49mg (14.25%), Vitamin B1: 0.19mg (12.45%), Iron: 2.08mg (11.57%), Fiber: 2.68g (10.73%), Vitamin A: 402.96IU (8.06%), Magnesium: 32.2mg (8.05%), Vitamin C: 6.16mg (7.46%), Manganese: 0.14mg (7.25%), Vitamin B5: 0.69mg (6.91%), Copper: 0.13mg (6.7%), Vitamin E: 0.93mg (6.2%), Folate: 19.88µg (4.97%), Vitamin K: 5.15µg (4.9%)