



## Chili-Cheese-Potato Tot Casserole

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



575 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 oz canned tomatoes diced canned
- 31 oz chili starter canned
- 8 oz colby and monterey jack cheese blend shredded reduced-fat
- 0.3 cup pickled jalapeño peppers fresh sliced
- 2 pounds ground beef lean
- 1 onion chopped
- 32 oz potato tots frozen
- 11 oz kernel corn whole with red and green peppers, rinsed and drained canned

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Cook ground beef and onion in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink.
- Drain well, and return to skillet. Stir in chili starter, tomatoes, and corn.
- Pour mixture into a lightly greased 13- x 9-inch baking dish.
- Sprinkle evenly with cheese; top evenly with tots.
- Bake at 350 for 1 hour or until tots are golden. Top with jalapeo slices.
- Note: For testing purposes only, we used Bush's Chili Magic Chili Starter Traditional Recipe and Ore-Ida Tater Tots. To kick up the flavor, substitute 1 (14 1/2-oz.) can petite diced tomatoes with jalapeos for petite diced tomatoes.

## Nutrition Facts

**PROTEIN 25.36%** **FAT 40.4%** **CARBS 34.24%**

## Properties

Glycemic Index:17.75, Glycemic Load:4.98, Inflammation Score:-9, Nutrition Score:32.473912845487%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

## Nutrients (% of daily need)

Calories: 574.65kcal (28.73%), Fat: 26.38g (40.58%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 50.29g (16.76%), Net Carbohydrates: 44.63g (16.23%), Sugar: 9.27g (10.3%), Cholesterol: 97.24mg (32.41%), Sodium: 899.39mg (39.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.25g (74.5%), Vitamin C: 175.43mg (212.64%), Vitamin B6: 1.36mg (67.97%), Vitamin B3: 10.77mg (53.86%), Phosphorus: 514.44mg (51.44%), Zinc: 7.51mg (50.06%), Vitamin B12: 2.78µg (46.26%), Potassium: 1299.75mg (37.14%), Selenium: 25.12µg (35.89%), Iron:

5.4mg (30.01%), Vitamin A: 1473.21IU (29.46%), Vitamin B2: 0.49mg (29.07%), Vitamin B1: 0.39mg (26.02%), Calcium: 257.41mg (25.74%), Manganese: 0.49mg (24.46%), Magnesium: 93.22mg (23.31%), Fiber: 5.66g (22.63%), Copper: 0.44mg (22.16%), Vitamin K: 22.73µg (21.65%), Folate: 76.67µg (19.17%), Vitamin B5: 1.51mg (15.13%), Vitamin E: 2.04mg (13.58%), Vitamin D: 0.28µg (1.89%)