



Easy Tater Tot Hot Dish

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



667 kcal

SIDE DISH

Ingredients

- 10 ounce cream of chicken soup canned
- 1 eggs
- 1 pound ground beef lean
- 32 ounce potato tots
- 0.5 cup onion yellow chopped

Equipment

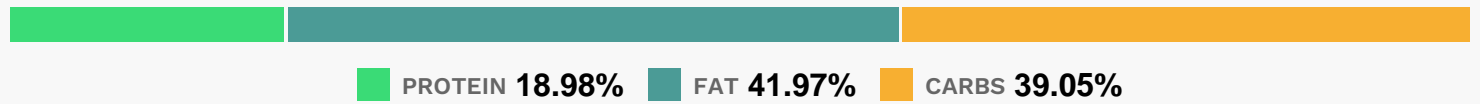
- bowl
- oven

baking pan

Directions

- Preheat an oven to 450 degrees F (230 degrees C). Grease a 9x9-inch baking dish.
- Mix the ground beef, onion, and egg together in a bowl; spread evenly into the prepared baking dish. Arrange the tater tots over the beef mixture.
- Pour the chicken soup over the tater tots.
- Bake in the preheated oven until the beef is cooked through and has reached an internal temperature of 160 degrees F (71 degrees C), about 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.59, Inflammation Score:-5, Nutrition Score:23.511739077775%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 666.98kcal (33.35%), Fat: 31.62g (48.65%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 66.22g (22.07%), Net Carbohydrates: 60.43g (21.98%), Sugar: 1.95g (2.17%), Cholesterol: 116.9mg (38.97%), Sodium: 1611.65mg (70.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.35%), Vitamin B3: 10.87mg (54.36%), Vitamin B6: 0.95mg (47.49%), Zinc: 6.77mg (45.1%), Vitamin B12: 2.64µg (43.97%), Phosphorus: 426.03mg (42.6%), Selenium: 25.24µg (36.05%), Vitamin B1: 0.49mg (32.44%), Potassium: 1061.14mg (30.32%), Iron: 4.82mg (26.77%), Vitamin B2: 0.42mg (24.47%), Fiber: 5.78g (23.13%), Vitamin C: 17.2mg (20.85%), Copper: 0.37mg (18.65%), Manganese: 0.35mg (17.69%), Magnesium: 69.66mg (17.41%), Vitamin B5: 1.73mg (17.29%), Folate: 54.61µg (13.65%), Vitamin K: 9.26µg (8.81%), Vitamin E: 1.09mg (7.28%), Calcium: 62.64mg (6.26%), Vitamin A: 197.86IU (3.96%), Vitamin D: 0.33µg (2.22%)