



Savory Tater Tot Casserole

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

READY IN



65 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 19 ounce cream of chicken soup canned
- 4 cups savory vegetable mixed frozen
- 1.5 pounds ground beef lean
- 0.5 onion chopped
- 32 ounce potatoes frozen

Equipment

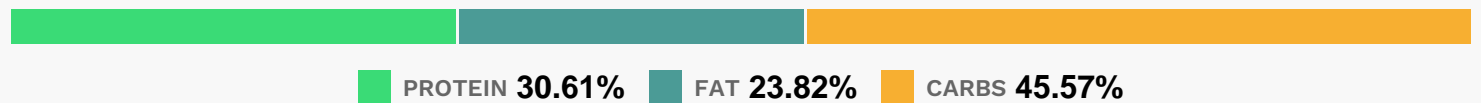
- frying pan
- oven

- spatula
- glass baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray 9x13 glass baking dish with cooking spray.
- Spread hamburger into bottom of pan, covering entire bottom, gently tamping beef down.
- Sprinkle with diced onions.
- Layer frozen veggies as next layer. Cover with the soup, straight from the can, carefully spreading with spatula to cover entirely.
- Layer tater tots on top, covering entire top with tots.
- Bake at 375 degrees F (190 degrees) for 1 hour, or until hamburger is done. Check after 30 minutes; if tots are getting too brown, turn down to 350 degrees F (190 degrees C).

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:20.59, Inflammation Score:-10, Nutrition Score:23.515217400115%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 325.42kcal (16.27%), Fat: 8.72g (13.41%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 31.27g (11.37%), Sugar: 1.54g (1.71%), Cholesterol: 58.12mg (19.37%), Sodium: 578.64mg (25.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin A: 4745.93IU (94.92%), Vitamin C: 32.38mg (39.25%), Vitamin B6: 0.76mg (38.18%), Vitamin B3: 7.28mg (36.4%), Zinc: 5.27mg (35.16%), Vitamin B12: 1.91µg (31.75%), Phosphorus: 309.59mg (30.96%), Potassium: 1007.62mg (28.79%), Iron: 4.5mg (25.01%), Fiber: 6.25g (25.01%), Selenium: 16.82µg (24.02%), Manganese: 0.46mg (22.93%), Copper: 0.36mg (18.07%), Magnesium: 70.01mg (17.5%), Vitamin B2: 0.28mg (16.67%), Vitamin B1: 0.25mg (16.57%), Folate: 51.44µg (12.86%), Vitamin B5: 1.17mg (11.68%), Calcium: 55.02mg (5.5%), Vitamin K: 5.2µg (4.95%), Vitamin E: 0.61mg (4.1%)