



Sonny's Tater Tot Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



273 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 21.5 ounce cream of mushroom soup canned
- 1 cup mushrooms fresh sliced
- 16 ounce pkt spinach frozen thawed drained chopped
- 1 pinch ground pepper black to taste
- 2 pounds ground beef lean
- 1 large onion chopped
- 16 ounce potato rounds frozen
- 1 teaspoon herb seasoning blend salt-free

- 8 slices swiss cheese
- 1 dash worcestershire sauce

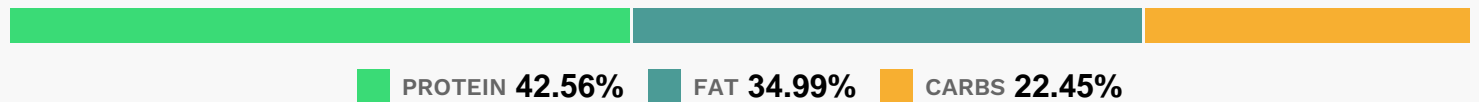
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Crumble the ground beef into a large skillet over medium-high heat. When it starts to release some juices, add the onion. Season with Worcestershire sauce and pepper. When the beef is nearly completely browned, add the mushrooms, and saute them for a couple of minutes.
- Drain off any excess grease, and stir in the cream of mushroom soup and spinach.
- Transfer the beef mixture to a 9x13 inch baking dish. Top with slices of Swiss cheese. Neatly layer the potato rounds over the top.
- Bake for 45 to 60 minutes in the preheated oven, until the potato rounds are toasted.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:6.24, Inflammation Score:-10, Nutrition Score:28.589565297832%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 272.51kcal (13.63%), Fat: 10.58g (16.28%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 12.28g (4.47%), Sugar: 1.5g (1.67%), Cholesterol: 71.94mg (23.98%), Sodium: 555.97mg (24.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin K: 173.2µg (164.95%), Vitamin A:

5441.43IU (108.83%), Vitamin B12: 2.54µg (42.4%), Zinc: 6.36mg (42.38%), Selenium: 23.73µg (33.9%), Phosphorus: 336.85mg (33.69%), Vitamin B3: 6.64mg (33.18%), Vitamin B6: 0.63mg (31.73%), Manganese: 0.63mg (31.55%), Potassium: 807.82mg (23.08%), Iron: 4.08mg (22.68%), Vitamin B2: 0.39mg (22.67%), Folate: 88.71µg (22.18%), Calcium: 207.36mg (20.74%), Magnesium: 76.89mg (19.22%), Copper: 0.35mg (17.61%), Vitamin C: 12.77mg (15.47%), Fiber: 3g (11.99%), Vitamin E: 1.75mg (11.66%), Vitamin B5: 1.1mg (11%), Vitamin B1: 0.15mg (9.7%)