



Tater Tot Casserole

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup fat free 98% canned (Regular or)
- 1 pound ground beef
- 1 tablespoon catsup
- 1 medium onion chopped
- 3 cups potato tots frozen
- 1 tablespoon worcestershire sauce

Equipment

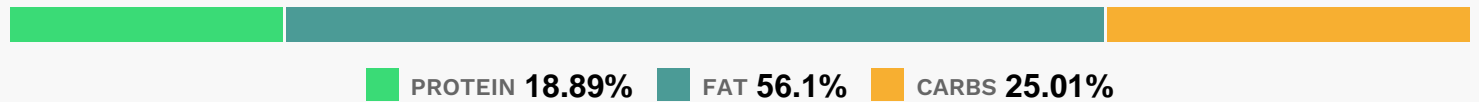
- frying pan

- oven
- baking pan

Directions

- Cook beef and onion in 10-inch skillet over medium-high heat until beef is well browned, stirring to break up meat.
- Pour off fat.
- Stir soup, ketchup and Worcestershire into skillet. Spoon beef mixture into 12x8-inch shallow baking dish. Arrange potatoes around edge of casserole.
- Bake at 425 degrees F for 25 minutes or until potatoes are done.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:13.293043377607%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 425.67kcal (21.28%), Fat: 26.67g (41.04%), Saturated Fat: 8.85g (55.29%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 24.4g (8.87%), Sugar: 2.14g (2.38%), Cholesterol: 67.46mg (22.49%), Sodium: 911.59mg (39.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.42%), Vitamin B12: 2.04µg (33.98%), Zinc: 4.72mg (31.46%), Vitamin B3: 5.94mg (29.71%), Vitamin B6: 0.51mg (25.26%), Phosphorus: 221.67mg (22.17%), Selenium: 13.99µg (19.98%), Potassium: 589.17mg (16.83%), Manganese: 0.31mg (15.66%), Iron: 2.81mg (15.6%), Vitamin B2: 0.24mg (13.84%), Vitamin B1: 0.21mg (13.69%), Copper: 0.26mg (12.79%), Fiber: 2.35g (9.39%), Vitamin C: 7.49mg (9.08%), Magnesium: 35.78mg (8.94%), Vitamin B5: 0.83mg (8.27%), Folate: 28.39µg (7.1%), Calcium: 38.67mg (3.87%), Vitamin K: 3.84µg (3.66%), Vitamin E: 0.51mg (3.43%)