



Tater Tot Casserole I



Gluten Free



Popular

READY IN



55 min.

SERVINGS



12

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 eggs
- 1 pound ground pork breakfast sausage
- 2 cups milk
- 2 cups cheddar cheese shredded
- 2 pounds potato tots

Equipment

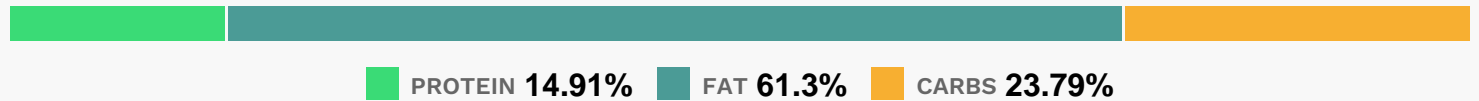
- bowl
- frying pan

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, and spread evenly in the bottom of a 9x13 inch pan.
- Spread cheese over sausage.
- In large bowl, beat together milk and eggs.
- Pour over cheese. (May be refrigerated overnight at this point). Top with tater tots.
- Bake in preheated oven for 35 to 45 minutes. Cool for 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:9.9865217623503%

Nutrients (% of daily need)

Calories: 368.01kcal (18.4%), Fat: 25.36g (39.02%), Saturated Fat: 9.05g (56.58%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 20.33g (7.39%), Sugar: 2.27g (2.52%), Cholesterol: 78.21mg (26.07%), Sodium: 730.39mg (31.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.77%), Phosphorus: 243.53mg (24.35%), Calcium: 201.26mg (20.13%), Vitamin B1: 0.27mg (18.28%), Vitamin B3: 3.28mg (16.4%), Vitamin B6: 0.32mg (16.01%), Vitamin B2: 0.27mg (15.72%), Vitamin B12: 0.81µg (13.43%), Zinc: 1.98mg (13.18%), Selenium: 8.58µg (12.26%), Potassium: 375.92mg (10.74%), Vitamin B5: 0.82mg (8.19%), Vitamin D: 1.2µg (7.99%), Fiber: 1.81g (7.26%), Magnesium: 28.99mg (7.25%), Vitamin C: 5.48mg (6.64%), Vitamin A: 325.56IU (6.51%), Iron: 0.96mg (5.31%), Folate: 20.63µg (5.16%), Copper: 0.1mg (4.83%), Manganese: 0.1mg (4.8%), Vitamin E: 0.4mg (2.67%), Vitamin K: 2.71µg (2.58%)