



Tater Tot Casserole II

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 pinch garlic powder
- ☐ 1 pound ground beef
- ☐ 10.8 ounce milk canned
- ☐ 6 servings salt and pepper to taste
- ☐ 32 ounce potato tots thawed

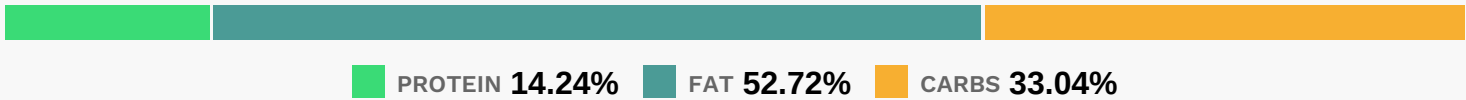
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Crumble hamburger into a 9x13 inch baking pan.
- ☐ Sprinkle meat with garlic powder, salt and pepper. Cover the hamburger with tater tots.
- ☐ In a bowl, stir together mushroom soup, celery soup and milk.
- ☐ Pour the soup mixture over the potatoes and hamburger and sprinkle with additional garlic powder.
- ☐ Bake in preheated oven for 60 minutes.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:17.599130319512%

Nutrients (% of daily need)

Calories: 572.85kcal (28.64%), Fat: 34.09g (52.45%), Saturated Fat: 10.18g (63.6%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 44.02g (16.01%), Sugar: 3.58g (3.98%), Cholesterol: 67.9mg (22.63%), Sodium: 1567.87mg (68.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.73g (41.45%), Vitamin B3: 6.73mg (33.64%), Vitamin B12: 1.99µg (33.23%), Vitamin B6: 0.61mg (30.46%), Phosphorus: 302.09mg (30.21%), Zinc: 4.4mg (29.31%), Vitamin B1: 0.36mg (24.07%), Potassium: 787.43mg (22.5%), Manganese: 0.44mg (22.06%), Selenium: 13.68µg (19.54%), Vitamin B2: 0.33mg (19.36%), Copper: 0.33mg (16.26%), Fiber: 4.04g (16.15%), Vitamin B5: 1.58mg (15.8%), Iron: 2.83mg (15.75%), Vitamin K: 14.18µg (13.51%), Vitamin C: 10.53mg (12.77%), Magnesium: 50.76mg (12.69%), Calcium: 115.67mg (11.57%), Folate: 35.57µg (8.89%), Vitamin E: 1.22mg (8.15%), Vitamin A: 231.57IU (4.63%), Vitamin D: 0.63µg (4.23%)