



Tater Tot Casserole II

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



551 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 6 ounce fried onions canned
- 32 ounce potatoes frozen
- 1 cup cheddar cheese shredded
- 16 ounce cream sour

Equipment

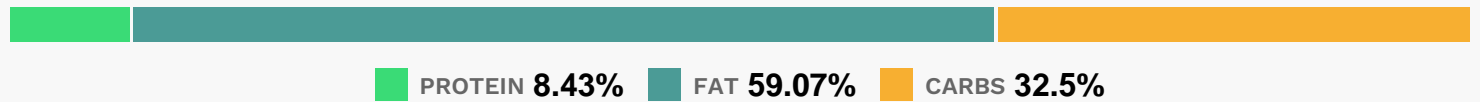
- oven
- mixing bowl

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Arrange tater tots in the prepared baking dish.
- In a mixing bowl, combine sour cream, cheese, and mushroom soup.
- Pour this mixture over the tater tots.
- Sprinkle onions over the top of the casserole.
- Bake in the 350 degrees F (175 degrees C) oven for 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:19.46, Inflammation Score:-6, Nutrition Score:13.551739070726%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 551.12kcal (27.56%), Fat: 36.2g (55.7%), Saturated Fat: 17.8g (111.23%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 41.4g (15.05%), Sugar: 3.82g (4.24%), Cholesterol: 65.98mg (21.99%), Sodium: 751.95mg (32.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.25%), Vitamin C: 30.47mg (36.93%), Vitamin B6: 0.51mg (25.52%), Phosphorus: 244.62mg (24.46%), Potassium: 809.54mg (23.13%), Calcium: 229.68mg (22.97%), Manganese: 0.39mg (19.7%), Vitamin B2: 0.29mg (17%), Copper: 0.28mg (14.24%), Fiber: 3.43g (13.71%), Vitamin A: 662.71IU (13.25%), Zinc: 1.94mg (12.92%), Magnesium: 50.98mg (12.74%), Selenium: 8.58µg (12.26%), Vitamin B3: 2.13mg (10.65%), Vitamin B1: 0.15mg (10.11%), Folate: 36.24µg (9.06%), Iron: 1.62mg (8.99%), Vitamin B5: 0.88mg (8.76%), Vitamin B12: 0.44µg (7.33%), Vitamin K: 4.46µg (4.25%), Vitamin E: 0.44mg (2.96%)