



## Tater Tot Casserole III

READY IN



75 min.

SERVINGS



8

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup butter melted
- 10.5 ounce cream of chicken soup canned
- 3 cups cornflakes cereal
- 1 dash garlic powder
- 1 cup onion finely chopped
- 8 servings paprika to taste
- 2 tablespoons parmesan cheese grated
- 0.5 teaspoon seasoning salt
- 8 ounce sharp cheddar cheese shredded

- 16 ounce cup heavy whipping cream sour
- 2 pounds potato tots thawed

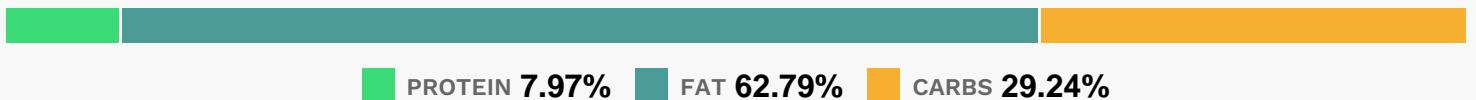
## Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch casserole dish.
- In a large mixing bowl combine tater tots, soup, onion, sour cream, cheese, garlic powder, seasoning salt and softened butter; mix well.
- Transfer to casserole dish. In a medium bowl combine cereal and melted butter; spread over casserole.
- Sprinkle the top with parmesan cheese (use more or less according to your taste) and paprika.
- Bake in preheated oven for 45 minutes to 1 hour, or until browned. (Note: It's a good idea to put a cookie sheet under the casserole dish, in case it bubbles over while cooking.)

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:17.875652199206%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 631.63kcal (31.58%), Fat: 45.36g (69.78%), Saturated Fat: 21.04g (131.5%), Carbohydrates: 47.53g (15.84%), Net Carbohydrates: 43.42g (15.79%), Sugar: 4.63g (5.14%), Cholesterol: 96.37mg (32.12%), Sodium: 1312.77mg (57.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin A: 2247.92IU (44.96%), Calcium: 303.04mg (30.3%), Vitamin B2: 0.51mg (29.92%), Phosphorus: 294.62mg (29.46%), Vitamin B6: 0.53mg (26.53%), Vitamin B1: 0.39mg (26.04%), Iron: 4.56mg (25.31%), Vitamin B3: 4.49mg (22.45%), Selenium: 12.85µg (18.35%), Folate: 72.15µg (18.04%), Vitamin B12: 0.99µg (16.43%), Fiber: 4.11g (16.43%), Vitamin C: 12.08mg (14.64%), Potassium: 504.09mg (14.4%), Zinc: 1.93mg (12.9%), Manganese: 0.24mg (12.19%), Vitamin E: 1.7mg (11.33%), Magnesium: 44.48mg (11.12%), Copper: 0.2mg (10.02%), Vitamin B5: 0.83mg (8.33%), Vitamin K: 8.71µg (8.29%), Vitamin D: 0.55µg (3.7%)