



Tater Tot Casserole III

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



673 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 14.5 ounce style green beans french canned
- 1 teaspoon garlic salt
- 0.5 pound ground beef
- 10.8 fluid ounces skim milk
- 32 ounce potato tots

Equipment

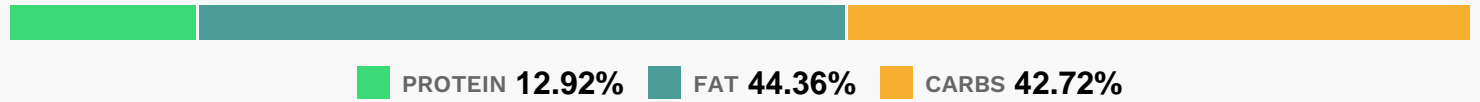
- frying pan

- oven
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large skillet over high heat, brown the ground beef and drain fat. Stir in condensed cream of mushroom soup, skim milk, garlic salt and green beans.
- Pour the mixture into a medium-sized casserole dish and layer with the tater tots.
- Bake in preheated oven for about 30 minutes, or until tater tots are browned and crispy.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:26.286086994669%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 673.48kcal (33.67%), Fat: 34.26g (52.7%), Saturated Fat: 8.73g (54.59%), Carbohydrates: 74.2g (24.73%), Net Carbohydrates: 65.83g (23.94%), Sugar: 8.04g (8.94%), Cholesterol: 46.45mg (15.48%), Sodium: 2221.14mg (96.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.9%), Vitamin K: 51.11µg (48.67%), Vitamin B6: 0.87mg (43.36%), Vitamin B3: 8.26mg (41.31%), Vitamin B1: 0.59mg (39.05%), Phosphorus: 387.72mg (38.77%), Manganese: 0.73mg (36.27%), Vitamin C: 28.19mg (34.17%), Potassium: 1188.43mg (33.96%), Fiber: 8.37g (33.48%), Vitamin B12: 1.8µg (29.94%), Zinc: 4.43mg (29.51%), Vitamin B2: 0.49mg (28.57%), Magnesium: 88.77mg (22.19%), Copper: 0.44mg (21.95%), Iron: 3.83mg (21.28%), Folate: 83.36µg (20.84%), Calcium: 188.29mg (18.83%), Vitamin A: 880.28IU (17.61%), Selenium: 11.39µg (16.28%), Vitamin B5: 1.62mg (16.16%), Vitamin D: 0.93µg (6.21%), Vitamin E: 0.93mg (6.17%)