



# Tater Tot Hot Dish I

 **Gluten Free**

READY IN



**70 min.**

SERVINGS



**6**

CALORIES



**459 kcal**

**SIDE DISH**

## Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 pound ground beef
- 10.8 ounce milk canned
- 1 onion chopped
- 1 tablespoon oats quick
- 6 servings salt to taste
- 32 ounce potato tots

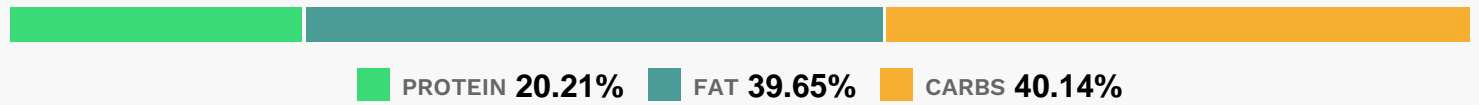
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Crumble beef and salt into a 9x13 inch baking dish.
- Add chopped onion; sprinkle oats on top. In a small bowl, combine the soup and milk and pour mixture over meat mixture. Top all with tater tots, placing them close together.
- Bake in the preheated oven for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:21.67, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:17.470434779706%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 458.81kcal (22.94%), Fat: 20.58g (31.66%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 42.73g (15.54%), Sugar: 3.69g (4.1%), Cholesterol: 55.51mg (18.5%), Sodium: 1305.77mg (56.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.19%), Vitamin B3: 7.58mg (37.91%), Vitamin B12: 2.05µg (34.15%), Vitamin B6: 0.68mg (33.95%), Zinc: 5.09mg (33.91%), Phosphorus: 326.92mg (32.69%), Vitamin B1: 0.36mg (24.11%), Potassium: 825.26mg (23.58%), Selenium: 15.01µg (21.44%), Manganese: 0.41mg (20.3%), Vitamin B2: 0.33mg (19.13%), Iron: 3mg (16.65%), Fiber: 4.14g (16.54%), Copper: 0.29mg (14.54%), Vitamin C: 11.79mg (14.29%), Magnesium: 56.52mg (14.13%), Vitamin B5: 1.25mg (12.49%), Calcium: 97.29mg (9.73%), Folate: 36.84µg (9.21%), Vitamin D: 0.63µg (4.23%), Vitamin K: 4.42µg (4.21%), Vitamin E: 0.43mg (2.86%), Vitamin A: 88.7IU (1.77%)