



## Tater Tot™ Pizza Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 lb ground beef lean
- 0.3 cup onion chopped
- 10.8 oz cream of mushroom soup canned
- 8 oz tomato sauce canned
- 2 oz pepperoni sliced
- 0.5 cup bell pepper green chopped
- 1 cup mozzarella cheese shredded
- 32 oz potato tots frozen ()

## Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. In large skillet, cook ground beef and onion over medium-high heat until beef is thoroughly cooked, stirring frequently.
- Drain.
- Reduce heat to medium; stir in soup. Cook until mixture comes to a boil, stirring occasionally.
- Spoon beef mixture into sprayed baking dish. Spoon pizza sauce evenly over top. Arrange pepperoni and bell pepper over sauce.
- Sprinkle with cheese. Arrange Tater Tots™ over cheese. Cover with foil.
- Bake at 375°F. for 30 minutes.
- Remove foil; bake an additional 15 to 20 minutes or until thoroughly heated.

## Nutrition Facts



**PROTEIN 20.72%** **FAT 45.58%** **CARBS 33.7%**

## Properties

Glycemic Index:22.83, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:20.562608610029%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## Nutrients (% of daily need)

Calories: 535.14kcal (26.76%), Fat: 27.55g (42.39%), Saturated Fat: 8.72g (54.48%), Carbohydrates: 45.83g (15.28%), Net Carbohydrates: 41.21g (14.98%), Sugar: 2.57g (2.86%), Cholesterol: 73.32mg (24.44%), Sodium: 1538.07mg (66.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.36%), Vitamin B3: 8.43mg (42.16%), Vitamin B12: 2.32µg (38.72%), Zinc: 5.7mg (38.01%), Vitamin B6: 0.74mg (36.95%), Phosphorus: 361.35mg (36.14%), Vitamin C: 23.55mg (28.55%), Selenium: 19.78µg (28.26%), Potassium: 902.49mg (25.79%), Vitamin B1: 0.37mg (24.65%), Manganese: 0.46mg (23.14%), Vitamin B2: 0.36mg (20.94%), Iron: 3.54mg (19.65%), Fiber: 4.62g (18.49%), Copper: 0.34mg (17.21%), Magnesium: 58.9mg (14.73%), Calcium: 134.13mg (13.41%), Vitamin B5: 1.3mg (13.05%), Folate: 40.73µg (10.18%), Vitamin E: 1.12mg (7.45%), Vitamin A: 341.98IU (6.84%), Vitamin K: 7.14µg (6.8%), Vitamin D: 0.27µg (1.82%)