



Tater Tot Pizza Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

Equipment

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

Directions

- ☐ Heat oven to 375F. 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 potato nuggets over cheese. Cover with foil.
- ☐ Bake at 375F. for 30 minutes.
- ☐ Remove foil; bake an additional 15 to 20 minutes or until thoroughly heated.

Nutrition Facts



PROTEIN 34.52% **FAT 40.11%** **CARBS 25.37%**

Properties

Glycemic Index:36.79, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:17.782173939373%

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: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 310.61kcal (15.53%), Fat: 13.76g (21.16%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 16.92g (6.15%), Sugar: 2.71g (3.01%), Cholesterol: 73.32mg (24.44%), Sodium: 860.71mg (37.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.27%), Vitamin B12: 2.32µg (38.72%), Zinc: 5.51mg (36.75%), Vitamin C: 28.02mg (33.96%), Vitamin B6: 0.65mg (32.68%), Vitamin B3: 6.34mg (31.7%), Phosphorus: 303.14mg (30.31%), Selenium: 19.55µg (27.94%), Potassium: 827.65mg (23.65%), Manganese: 0.4mg (20.08%), Iron: 3.37mg (18.73%), Vitamin B2: 0.28mg (16.67%), Copper: 0.31mg (15.32%), Magnesium: 50.59mg (12.65%), Calcium: 122.04mg (12.2%), Vitamin B5: 1.08mg (10.81%), Fiber: 2.66g (10.62%), Vitamin B1: 0.15mg (10.14%), Folate: 27.12µg (6.78%), Vitamin A: 337.44IU (6.75%), Vitamin E: 0.94mg (6.29%), Vitamin K: 4.64µg (4.42%), Vitamin D: 0.27µg (1.82%)