



Tater Tot Taco Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 10 ounce canned tomatoes diced green canned drained
- ☐ 15 ounce nacho cheese dip
- ☐ 1 pound ground beef
- ☐ 2 tablespoons taco sauce
- ☐ 10 ounce lettuce shredded
- ☐ 16 ounce bite-size potato nuggets frozen tater tots® such as
- ☐ 0.5 cup cheddar cheese shredded

- ☐ 1 ounce taco seasoning
- ☐ 1 cup water

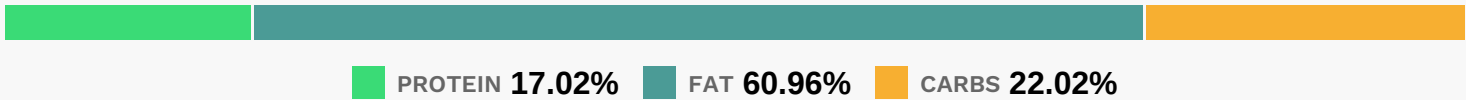
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place potato nuggets in the bottom of a glass baking dish.
- ☐ Bake in the preheated oven until cooked through and crisp, about 20 minutes.
- ☐ Cook ground beef in a large skillet over medium heat until no longer pink, 10 to 12 minutes.
- ☐ Drain off fat and discard. Stir in taco seasoning and water. Reduce heat to low and simmer until sauce is reduced and thick, about 10 minutes.
- ☐ Spoon cooked beef mixture over the potato nuggets.
- ☐ Pour nacho cheese dip evenly over the beef. Top with canned tomatoes, olives, 1/2 cup shredded Cheddar cheese, and taco sauce.
- ☐ Bake in the oven until cheese is melted and the casserole is warmed through, about 10 minutes.
- ☐ Remove from oven and top with 1/2 cup shredded Cheddar cheese.
- ☐ Serve atop shredded lettuce and garnished with sour cream.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:7.5, Inflammation Score:-6, Nutrition Score:11.730869549772%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 349.01kcal (17.45%), Fat: 24.05g (37%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 16.71g (6.08%), Sugar: 5.69g (6.32%), Cholesterol: 52.1mg (17.37%), Sodium: 976.4mg (42.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Vitamin B12: 1.29µg (21.47%), Vitamin C: 17.05mg (20.67%), Vitamin B6: 0.41mg (20.54%), Zinc: 2.9mg (19.34%), Vitamin A: 925.18IU (18.5%), Phosphorus: 168.24mg (16.82%), Vitamin B3: 3.3mg (16.52%), Selenium: 10.78µg (15.4%), Potassium: 515.59mg (14.73%), Iron: 2.3mg (12.79%), Calcium: 125.34mg (12.53%), Fiber: 2.83g (11.33%), Vitamin K: 11.89µg (11.33%), Vitamin B2: 0.16mg (9.52%), Manganese: 0.16mg (8.24%), Magnesium: 31.72mg (7.93%), Copper: 0.14mg (7.06%), Folate: 27.76µg (6.94%), Vitamin B1: 0.1mg (6.88%), Vitamin B5: 0.56mg (5.57%), Vitamin E: 0.76mg (5.04%)