



## TATER TOTSÂ® Casserole

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 oz cream of mushroom soup canned
- 1 cup vegetables mixed frozen (carrots, corn, green beans, peas)
- 1 lb ground beef lean
- 0.3 cup milk
- 1 small onion finely chopped
- 1 cup cheddar cheese shredded kraft
- 1 lb ore-ida tater tots ()

### Equipment

frying pan

oven

## Directions

Heat oven to 375F.

Brown meat with onions in large skillet; drain. Spoon into 2-qt. casserole sprayed with cooking spray.

Mix soup and milk until blended; pour over meat mixture. Top with remaining ingredients.

Bake 45 min. or until TATER TOTS are golden brown and casserole is heated through.

## Nutrition Facts



## Properties

Glycemic Index:137, Glycemic Load:11.02, Inflammation Score:-10, Nutrition Score:75.533478653949%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

## Nutrients (% of daily need)

Calories: 2284.69kcal (114.23%), Fat: 112.47g (173.03%), Saturated Fat: 43.4g (271.28%), Carbohydrates: 169.77g (56.59%), Net Carbohydrates: 149.85g (54.49%), Sugar: 7.64g (8.48%), Cholesterol: 415.72mg (138.57%), Sodium: 5205.59mg (226.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 154.52g (309.05%), Zinc: 32.77mg (218.44%), Vitamin A: 10492.58IU (209.85%), Vitamin B12: 12.14µg (202.35%), Phosphorus: 1991.06mg (199.11%), Vitamin B3: 38.62mg (193.09%), Selenium: 114.5µg (163.57%), Vitamin B6: 3.19mg (159.54%), Vitamin B2: 1.95mg (114.52%), Potassium: 3772.52mg (107.79%), Calcium: 1051.21mg (105.12%), Manganese: 1.97mg (98.73%), Iron: 17.1mg (95.03%), Vitamin B1: 1.4mg (93.23%), Fiber: 19.92g (79.69%), Copper: 1.51mg (75.45%), Magnesium: 285.26mg (71.31%), Vitamin C: 55.41mg (67.16%), Vitamin B5: 5.87mg (58.7%), Folate: 209.45µg (52.36%), Vitamin E: 2.71mg (18.04%), Vitamin K: 16.33µg (15.55%), Vitamin D: 1.8µg (12.02%)