



Texas Tater Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



427 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 1 cup onion chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 21.5 ounces condensed cream of cheddar cheese soup canned
- ☐ 11 ounces corn kernels whole green red drained canned
- ☐ 0.5 cup picante sauce
- ☐ 2 teaspoons chili powder
- ☐ 0.3 teaspoon pepper

- ☐ 16 ounces potato nuggets frozen
- ☐ 2 ounces cheddar cheese shredded

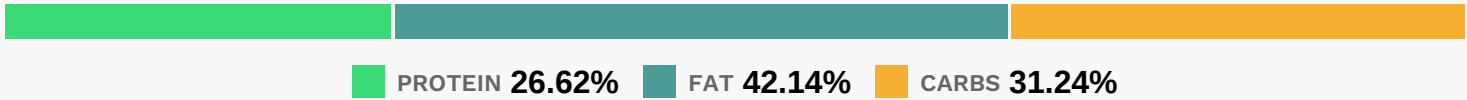
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°. Cook beef, onion, celery and garlic in 12-inch skillet over medium-high heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- ☐ Stir soup, corn, picante, chili powder and pepper into beef mixture. Spoon into ungreased 2 1/2-quart casserole. Top with frozen potato nuggets.
- ☐ Bake uncovered 40 minutes.
- ☐ Sprinkle with cheese.
- ☐ Bake 5 to 10 minutes or until bubbly and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:16.636956476647%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 427.41kcal (21.37%), Fat: 20.84g (32.06%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 25.98g (9.45%), Sugar: 9.02g (10.02%), Cholesterol: 59.91mg (19.97%), Sodium: 907.17mg (39.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.62g (59.23%), Iron: 9.86mg (54.77%), Potassium: 1329.11mg (37.97%), Fiber: 8.77g (35.1%), Vitamin B12: 1.81µg (30.16%), Zinc: 4.44mg (29.6%), Vitamin B3: 5.07mg

(25.35%), Phosphorus: 235.33mg (23.53%), Selenium: 15.53µg (22.18%), Vitamin B6: 0.42mg (21.22%), Vitamin A: 835.59IU (16.71%), Vitamin B2: 0.22mg (13.2%), Calcium: 126.87mg (12.69%), Manganese: 0.18mg (8.76%), Magnesium: 33.98mg (8.49%), Folate: 33.43µg (8.36%), Vitamin B5: 0.8mg (8.04%), Copper: 0.12mg (5.8%), Vitamin E: 0.83mg (5.54%), Vitamin B1: 0.08mg (5.18%), Vitamin C: 3.79mg (4.6%), Vitamin K: 4.8µg (4.58%)