



Au Gratin Potatoes

READY IN



105 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup onion chopped
- 1 tablespoon flour all-purpose
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 cups milk
- 8 oz sharp cheddar cheese shredded
- 6 cups potatoes peeled thinly sliced
- 0.3 cup breadcrumbs dry

1 serving paprika

Equipment

bowl

sauce pan

oven

Directions

Heat oven to 375°F. Grease 1 1/2-quart casserole with shortening or spray with cooking spray.

In 2-quart saucepan, melt butter over medium heat. Cook onion in butter about 2 minutes, stirring occasionally, until tender. Stir in flour, salt and pepper. Cook, stirring constantly, until bubbly; remove from heat.

Stir in milk.

Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in 1 1/2 cups of the cheese until melted.

Spread potatoes in casserole.

Pour cheese sauce over potatoes.

Bake uncovered 1 hour.

In small bowl, mix remaining 1/2 cup cheese and the bread crumbs; sprinkle over potatoes.

Sprinkle with paprika.

Bake uncovered 15 to 20 minutes or until top is brown and bubbly and potatoes are tender.

Nutrition Facts



PROTEIN 15.47% **FAT 41.26%** **CARBS 43.27%**

Properties

Glycemic Index:49.63, Glycemic Load:29.4, Inflammation Score:-7, Nutrition Score:19.272173777871%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin:

2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 424.42kcal (21.22%), Fat: 19.7g (30.31%), Saturated Fat: 9.67g (60.45%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 41.39g (15.05%), Sugar: 6.27g (6.97%), Cholesterol: 47.56mg (15.85%), Sodium: 561.99mg (24.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Vitamin C: 41.88mg (50.76%), Calcium: 405.09mg (40.51%), Phosphorus: 387.93mg (38.79%), Vitamin B6: 0.72mg (35.85%), Potassium: 1065.8mg (30.45%), Vitamin B2: 0.38mg (22.25%), Selenium: 14.49µg (20.7%), Fiber: 5.11g (20.43%), Manganese: 0.4mg (20.16%), Vitamin B1: 0.28mg (18.84%), Magnesium: 72.02mg (18.01%), Vitamin A: 846.41IU (16.93%), Zinc: 2.43mg (16.21%), Vitamin B12: 0.86µg (14.34%), Vitamin B3: 2.73mg (13.67%), Copper: 0.26mg (12.98%), Folate: 50.13µg (12.53%), Iron: 2.07mg (11.49%), Vitamin B5: 1.13mg (11.33%), Vitamin D: 1.12µg (7.48%), Vitamin K: 5.87µg (5.59%), Vitamin E: 0.59mg (3.96%)