



Au Gratin Potatoes

READY IN



105 min.

SERVINGS



6

CALORIES



429 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup breadcrumbs dry
- 1 tablespoon flour all-purpose
- 2 cups milk
- 0.3 cup onion chopped
- 6 servings paprika
- 0.3 teaspoon pepper
- 6 cups potatoes peeled thinly sliced
- 0.5 teaspoon salt

8 oz sharp cheddar cheese shredded

Equipment

bowl

sauce pan

oven

Directions

Heat oven to 375F. 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 15.45% **FAT 41.09%** **CARBS 43.46%**

Properties

Glycemic Index:49.63, Glycemic Load:29.44, Inflammation Score:-8, Nutrition Score:20.808260876199%

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: 429.12kcal (21.46%), Fat: 19.92g (30.64%), Saturated Fat: 9.71g (60.67%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 41.71g (15.17%), Sugar: 6.45g (7.16%), Cholesterol: 47.56mg (15.85%), Sodium: 563.12mg (24.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.85g (33.71%), Vitamin C: 41.89mg (50.78%), Calcium: 408.91mg (40.89%), Phosphorus: 393.16mg (39.32%), Vitamin B6: 0.75mg (37.63%), Vitamin A: 1667.31IU (33.35%), Potassium: 1103.8mg (31.54%), Vitamin B2: 0.4mg (23.45%), Fiber: 5.69g (22.75%), Manganese: 0.43mg (21.49%), Selenium: 14.59µg (20.85%), Vitamin B1: 0.29mg (19.2%), Magnesium: 74.99mg (18.75%), Zinc: 2.5mg (16.69%), Vitamin B3: 2.9mg (14.51%), Vitamin B12: 0.86µg (14.34%), Copper: 0.27mg (13.57%), Iron: 2.42mg (13.45%), Folate: 50.95µg (12.74%), Vitamin B5: 1.17mg (11.75%), Vitamin D: 1.12µg (7.48%), Vitamin E: 1.08mg (7.19%), Vitamin K: 7.21µg (6.87%)