



Bacon & Maple Scalloped Potatoes

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



73 kcal

SIDE DISH

Ingredients

- 3 slices oscar mayer bacon fully cooked chopped
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 4 oz philadelphia cream cheese cubed ()
- 1.3 cups chicken broth fat-free reduced-sodium
- 0.5 cup milk
- 0.3 cup pancake syrup
- 1 onion red thinly sliced
- 2 lb yukon gold potatoes cut into 1/4-inch-thick slices (8)

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 400F.
- Cook onions in large skillet sprayed with cooking spray on medium-high heat 3 to 5 min. or until crisp-tender, stirring frequently.
- Remove onions from skillet.
- Add cream cheese, broth and milk to skillet; cook and stir on medium-low heat 5 min. or until cream cheese is completely melted and sauce is well blended.
- Remove from heat; stir in bacon and syrup.
- Place half the potatoes in 13x9-inch baking dish sprayed with cooking spray; cover with layers of onions and shredded cheese. Top with remaining potatoes and cream cheese sauce; cover.
- Bake 1 hour 5 min. or until potatoes are tender and top is golden brown, uncovering for the last 15 min.

Nutrition Facts



PROTEIN 11.96% **FAT 44.46%** **CARBS 43.58%**

Properties

Glycemic Index:6.76, Glycemic Load:4.1, Inflammation Score:-1, Nutrition Score:2.5882609149684%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 73.11kcal (3.66%), Fat: 3.67g (5.65%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.37g (2.68%), Sugar: 0.76g (0.84%), Cholesterol: 9.63mg (3.21%), Sodium: 95.83mg (4.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Vitamin C: 6.23mg (7.55%), Vitamin B6: 0.11mg (5.4%), Phosphorus: 48.17mg (4.82%), Potassium: 153.92mg (4.4%), Calcium: 40.31mg (4.03%), Selenium: 2.25µg (3.21%), Fiber: 0.73g (2.91%), Manganese: 0.06mg (2.77%), Vitamin B2: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.48%), Magnesium: 9.58mg (2.39%), Vitamin B3: 0.47mg (2.37%), Copper: 0.04mg (2.21%), Zinc: 0.3mg (1.98%), Vitamin A: 98.19IU (1.96%), Vitamin B5: 0.17mg (1.71%), Folate: 6.76µg (1.69%), Vitamin B12: 0.1µg (1.67%), Iron: 0.28mg (1.55%)