

Bacon Scalloped Potatoes

READY IN



80 min.

SERVINGS



2

CALORIES



431 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 3 bacon crumbled cooked
- 2 tablespoons flour all-purpose
- 0.8 cup milk
- 2 small onion sliced
- 2 medium potatoes peeled sliced
- 0.3 teaspoon salt

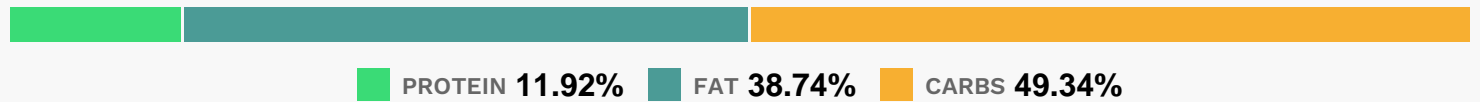
Equipment

- sauce pan
- oven
- baking pan

Directions

- In a small saucepan, melt butter. Stir in flour and salt until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened.
- In a greased 1-qt. baking dish, layer the potatoes and onions.
- Pour white sauce over the top. Cover and bake at 350° for 65–75 minutes or until potatoes are tender.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:136.88, Glycemic Load:34.45, Inflammation Score:-7, Nutrition Score:18.485652083936%

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: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg

Nutrients (% of daily need)

Calories: 430.75kcal (21.54%), Fat: 18.83g (28.97%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 47.88g (17.41%), Sugar: 9.06g (10.07%), Cholesterol: 52.96mg (17.65%), Sodium: 632.8mg (27.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.07%), Vitamin C: 47.14mg (57.14%), Vitamin B6: 0.84mg (41.8%), Potassium: 1207.51mg (34.5%), Phosphorus: 292.14mg (29.21%), Vitamin B1: 0.38mg (25.37%), Fiber: 6.08g (24.31%), Manganese: 0.47mg (23.72%), Vitamin B3: 4.13mg (20.65%), Magnesium: 72.63mg (18.16%), Vitamin B2: 0.28mg (16.65%), Selenium: 11.49µg (16.42%), Calcium: 160.19mg (16.02%), Folate: 61.53µg (15.38%), Copper: 0.28mg (14.09%), Iron: 2.28mg (12.64%), Vitamin B5: 1.24mg (12.4%), Vitamin B12: 0.65µg (10.81%), Zinc: 1.54mg (10.3%), Vitamin A: 508.19IU (10.16%), Vitamin D: 1.05µg (7.03%), Vitamin K: 5.6µg (5.34%), Vitamin E: 0.46mg (3.07%)