



Baked Scalloped Potatoes

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



265 kcal

SIDE DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 0.5 teaspoon pepper black
- 1.3 cups milk
- 1 onion diced
- 6 large potatoes cubed peeled

Equipment

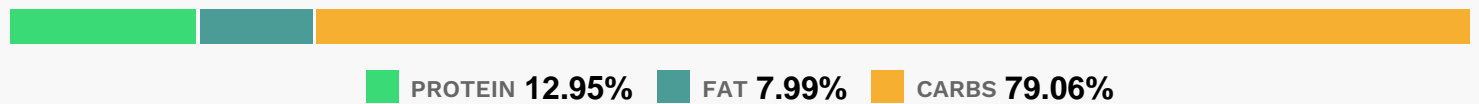
- bowl
- oven

casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 2 quart casserole dish.
- Layer potatoes and onions into the casserole dish.
- Combine soup, milk and pepper in a bowl, then pour soup mixture over the potatoes and onions. The soup mixture should almost cover the potatoes and onion, if it does not add extra milk.
- Cover dish and bake in preheated 375 degrees F (190 degrees C) oven for 60 minutes or until the potatoes are cooked through. At 30 minutes, remove the casserole from the oven and stir once before returning the dish to the oven.
- Remove from oven and serve.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:36.37, Inflammation Score:-6, Nutrition Score:16.318695616463%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 265.02kcal (13.25%), Fat: 2.4g (3.69%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 53.47g (17.82%), Net Carbohydrates: 47.04g (17.11%), Sugar: 4.58g (5.08%), Cholesterol: 6.48mg (2.16%), Sodium: 301.76mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.51%), Vitamin C: 55.54mg (67.32%), Vitamin B6: 0.87mg (43.59%), Potassium: 1292.04mg (36.92%), Manganese: 0.57mg (28.65%), Fiber: 6.43g (25.72%), Phosphorus: 211.49mg (21.15%), Copper: 0.38mg (19.12%), Magnesium: 72.48mg (18.12%), Vitamin B1: 0.26mg (17.12%), Vitamin B3: 3.32mg (16.59%), Iron: 2.47mg (13.7%), Folate: 49.58µg (12.4%), Vitamin B5: 1.05mg (10.52%), Vitamin B2: 0.17mg (9.88%), Zinc: 1.4mg (9.35%), Calcium: 85.34mg (8.53%), Vitamin K: 5.63µg (5.36%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.42µg (2.8%), Selenium: 1.63µg (2.33%), Vitamin A: 68.26IU (1.37%)