



Beer-Baked Scalloped Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1 cup beer
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups onion vertically sliced
- ☐ 0.3 teaspoon pepper divided
- ☐ 2 pounds potatoes red peeled cut into 1/8-inch slices
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup skim milk
- ☐ 2 ounces swiss cheese grated

- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Coat a large skillet with cooking spray; add oil, and place over medium heat until hot.
- ☐ Add onion, and saut 5 minutes.
- ☐ Add beer; cook 12 minutes or until liquid evaporates, stirring occasionally.
- ☐ Remove onion mixture from heat, and set aside.
- ☐ Cook potato slices in boiling water for 8 minutes or until crisp-tender; drain. Rinse under cold water, and drain well.
- ☐ Place one-third of potato slices in an 11 x 7-inch baking dish coated with cooking spray, and sprinkle with half of salt and half of pepper.
- ☐ Spread half of onion mixture over potato slices. Repeat procedure with the remaining potato slices, salt, pepper, and onion mixture, ending with potato slices.
- ☐ Place flour in a bowl. Gradually add milk, stirring with a wire whisk until blended.
- ☐ Pour milk mixture evenly over potato slices. Cover with aluminum foil, and cut 3 (1-inch) slits in foil.
- ☐ Bake at 350 for 45 minutes. Uncover; sprinkle with cheese, and bake an additional 10 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:3.15, Inflammation Score:-5, Nutrition Score:10.02913040441%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 198.77kcal (9.94%), Fat: 3.97g (6.11%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 28.93g (10.52%), Sugar: 4.68g (5.21%), Cholesterol: 9.4mg (3.13%), Sodium: 250.1mg (10.87%), Alcohol: 1.53g (100%), Alcohol %: 0.74% (100%), Protein: 7g (13.99%), Potassium: 801.6mg (22.9%), Vitamin C: 15.96mg (19.35%), Phosphorus: 188.26mg (18.83%), Vitamin B6: 0.34mg (17.15%), Manganese: 0.3mg (14.86%), Calcium: 137.81mg (13.78%), Fiber: 3.34g (13.36%), Vitamin B1: 0.17mg (11.67%), Copper: 0.23mg (11.49%), Magnesium: 45.89mg (11.47%), Vitamin B3: 2.16mg (10.82%), Folate: 43.02µg (10.76%), Vitamin B2: 0.14mg (7.96%), Selenium: 5.3µg (7.57%), Iron: 1.33mg (7.41%), Zinc: 1.09mg (7.3%), Vitamin B12: 0.41µg (6.86%), Vitamin B5: 0.61mg (6.13%), Vitamin K: 6.2µg (5.9%), Vitamin A: 131.92IU (2.64%), Vitamin D: 0.22µg (1.5%)