

BREAKSTONE'S Sour Cream Scalloped Potatoes

 **Gluten Free**

READY IN



60 min.

SERVINGS



16

CALORIES



217 kcal

SIDE DISH

Ingredients

- 4 spring onion sliced
- 8 ounces ham smoked chopped
- 0.3 cup parmesan cheese grated kraft
- 4.5 pounds potatoes – remove skin red cut into 1/4 inch slices
- 16 ounce cream sour
- 0.8 pound velveeta 2% prepared cut into 1/2-inch cubes

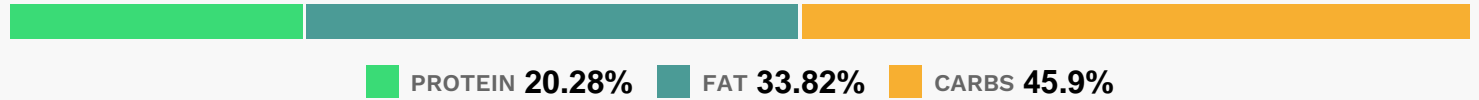
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350 degrees F. Cook potatoes in boiling water in large covered saucepan 10 to 12 minutes or just until potatoes are tender; drain.
- Remove 3/4 of the potatoes; place in large bowl.
- Add sour cream; mash until smooth. Stir in VELVEETA, ham and onions.
- Add remaining potato slices; stir gently.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; sprinkle with Parmesan.
- Bake 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:10.378695716029%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 217.04kcal (10.85%), Fat: 8.26g (12.7%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 22.97g (8.35%), Sugar: 3.59g (3.98%), Cholesterol: 29mg (9.67%), Sodium: 579.79mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Phosphorus: 357.02mg (35.7%), Potassium: 765.61mg (21.87%), Calcium: 191.74mg (19.17%), Vitamin B2: 0.25mg (14.76%), Vitamin C: 11.81mg (14.32%), Vitamin B6: 0.28mg (13.98%), Vitamin B1: 0.2mg (13.46%), Vitamin B3: 2.13mg (10.67%), Zinc: 1.5mg (10%), Vitamin K: 10.08µg (9.6%), Copper: 0.19mg (9.52%), Manganese: 0.19mg (9.4%), Fiber: 2.25g (8.99%), Magnesium: 34.74mg (8.69%), Selenium: 5.3µg (7.57%), Folate: 28.52µg (7.13%), Vitamin A: 354.14IU (7.08%), Iron: 1.16mg (6.42%), Vitamin B5: 0.43mg (4.28%), Vitamin B12: 0.23µg (3.85%), Vitamin E: 0.17mg (1.16%), Vitamin D: 0.16µg (1.09%)