



Carlton's Scalloped Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup artichoke hearts drained chopped
- ☐ 1.5 tablespoons butter
- ☐ 0.8 cup milk
- ☐ 0.3 cup pesto sauce prepared
- ☐ 0.5 cup romano cheese shredded
- ☐ 1 tablespoon sun-dried tomatoes finely chopped
- ☐ 1.5 cups water boiling
- ☐ 4 ounce scalloped homestyle casserole idahoan®

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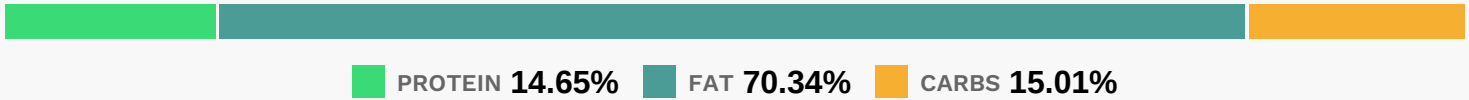
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Combine potatoes and sauce mix in 1 1/2 quart baking dish.
- ☐ Stir in boiling water, milk, and margarine or butter with whisk.
- ☐ Mix in pesto, tomatoes and artichoke hearts, if using.
- ☐ Bake uncovered for 20 minutes. Top with cheese and bake 5 more minutes, or until top is golden brown and potatoes are tender (sauce will thicken slightly when cooling).
- ☐ Remove from oven and let stand a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:4.4882608056068%

Nutrients (% of daily need)

Calories: 192.04kcal (9.6%), Fat: 14.83g (22.82%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.7g (2.07%), Sugar: 3.77g (4.19%), Cholesterol: 19.73mg (6.58%), Sodium: 611.74mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Calcium: 219.84mg (21.98%), Phosphorus: 146.87mg (14.69%), Vitamin A: 637.19IU (12.74%), Vitamin B2: 0.12mg (6.91%), Vitamin B12: 0.39µg (6.54%), Fiber: 1.42g (5.68%), Selenium: 2.75µg (3.93%), Vitamin D: 0.57µg (3.77%), Zinc: 0.54mg (3.63%), Potassium: 124.46mg (3.56%), Magnesium: 14.08mg (3.52%), Vitamin B5: 0.25mg (2.54%), Vitamin B1: 0.04mg (2.49%), Vitamin B6: 0.04mg (2.16%), Copper: 0.04mg (1.81%), Iron: 0.3mg (1.67%), Vitamin E: 0.21mg (1.43%), Manganese: 0.03mg (1.37%)