



Cheddar-Jalapeno Scalloped Potatoes

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



62 kcal

SIDE DISH

Ingredients

- 2 lb baking potatoes (6)
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 1 cup knudsen cream sour
- 3 Tbsp flour
- 1 cup milk
- 1 jalapeño pepper chopped

Equipment

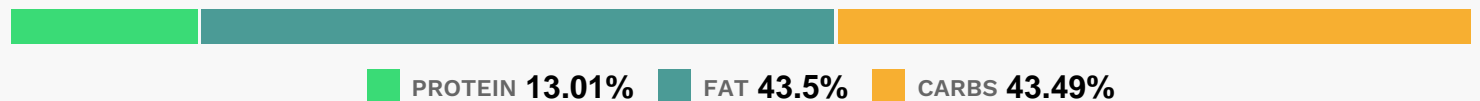
- bowl

- sauce pan
- oven
- whisk

Directions

- Heat oven to 350F.
- Cook potatoes in boiling water in saucepan 20 min. or just until tender; drain. Cool. Peel and slice potatoes.
- Whisk flour and milk in large bowl. Stir in sour cream and peppers.
- Add potatoes; stir to coat.
- Pour into 2-qt. casserole sprayed with cooking spray; top with cheese.
- Bake 25 to 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:4.89, Inflammation Score:-1, Nutrition Score:2.3408695925837%

Nutrients (% of daily need)

Calories: 62.13kcal (3.11%), Fat: 3.06g (4.71%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.46g (2.35%), Sugar: 0.85g (0.95%), Cholesterol: 9.27mg (3.09%), Sodium: 31.64mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin B6: 0.12mg (5.77%), Phosphorus: 48.79mg (4.88%), Calcium: 48.57mg (4.86%), Potassium: 152.03mg (4.34%), Vitamin B2: 0.05mg (3.2%), Manganese: 0.06mg (2.92%), Selenium: 1.88µg (2.69%), Vitamin B1: 0.04mg (2.53%), Magnesium: 9.94mg (2.48%), Vitamin C: 1.79mg (2.17%), Vitamin A: 99.17IU (1.98%), Zinc: 0.29mg (1.93%), Vitamin B3: 0.38mg (1.88%), Copper: 0.04mg (1.77%), Folate: 6.86µg (1.72%), Iron: 0.31mg (1.72%), Fiber: 0.42g (1.69%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.17mg (1.66%)