



Cheddar Scalloped Potatoes

READY IN



25 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baking potatoes cut into 1/4-inch-thick slices
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 teaspoons butter reduced-calorie
- ☐ 0.1 teaspoon salt
- ☐ 1.3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 cup skim milk

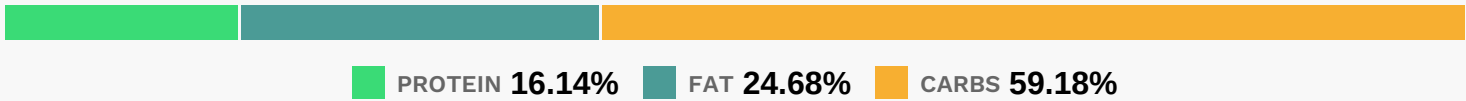
Equipment

- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Arrange potato and onions in an 8-inch square baking dish. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 10 minutes or until potato is tender, stirring every 4 minutes. Set aside.
- ☐ Coat a 2-cup glass measure with cooking spray; add margarine. Microwave at HIGH 30 seconds or until margarine melts.
- ☐ Add flour, salt, and pepper; stir well.
- ☐ Add milk, stirring until smooth. Microwave at HIGH 3 minutes or until thickened, stirring with a wire whisk every 1 1/2 minutes.
- ☐ Add cheese; microwave at HIGH 30 seconds or until cheese melts.
- ☐ Pour cheese mixture over potato and onions; stir. Microwave at HIGH 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:18.4, Inflammation Score:-5, Nutrition Score:10.023478300675%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 172.35kcal (8.62%), Fat: 4.83g (7.44%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 24.22g (8.81%), Sugar: 4.12g (4.58%), Cholesterol: 11.05mg (3.68%), Sodium: 183.37mg (7.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin K: 27.16µg (25.86%), Vitamin B6: 0.44mg (22.15%), Phosphorus: 177.18mg (17.72%), Potassium: 619.44mg (17.7%), Calcium: 170.35mg (17.04%), Manganese: 0.21mg (10.71%), Vitamin C: 8.77mg (10.63%), Vitamin B2: 0.18mg (10.5%), Vitamin B1: 0.15mg (10.11%), Magnesium: 38.88mg (9.72%), Vitamin A: 431.12IU (8.62%), Vitamin B12: 0.45µg (7.58%), Folate: 30.23µg (7.56%), Fiber: 1.85g (7.42%), Vitamin B3: 1.43mg (7.15%), Selenium: 5µg (7.14%), Iron: 1.26mg (7%), Zinc: 1mg (6.7%), Copper: 0.13mg (6.7%), Vitamin B5: 0.62mg (6.17%), Vitamin D: 0.73µg (4.86%), Vitamin E: 0.22mg (1.5%)