



Cheesy au Gratin Potatoes



Vegetarian



Popular

READY IN



95 min.

SERVINGS



6

CALORIES



419 kcal

SIDE DISH

Ingredients

- ☐ 2 lb baking potatoes boiling (6 medium)
- ☐ 0.3 cup butter
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups milk
- ☐ 8 oz sharp cheddar cheese shredded

- ☐ 0.3 cup breadcrumbs dry (any flavor)
- ☐ 1 serving paprika

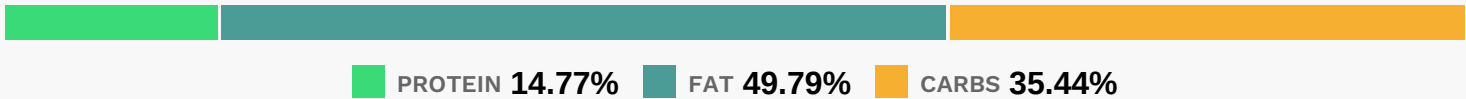
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 1 1/2-quart glass baking dish with cooking spray. Scrub potatoes but do not peel.
- ☐ Cut into 1/8-inch slices.
- ☐ Melt butter in 2-quart saucepan over medium heat. Cook onion in butter about 2 minutes, stirring occasionally, until tender. Stir in flour, salt and pepper. Cook, stirring constantly, until bubbly.
- ☐ Stir in milk.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Remove from heat; stir in 1 1/2 cups of the cheese.
- ☐ Spread potatoes in baking dish.
- ☐ Pour cheese sauce over potatoes.
- ☐ Bake uncovered 1 hour.
- ☐ Mix remaining cheese and the bread crumbs; sprinkle over potatoes.
- ☐ Sprinkle with paprika.
- ☐ Bake uncovered 15 to 20 minutes longer or until top is brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:24.17, Inflammation Score:-7, Nutrition Score:15.492174003435%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 419.09kcal (20.95%), Fat: 23.56g (36.24%), Saturated Fat: 13.74g (85.88%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 35.15g (12.78%), Sugar: 5.86g (6.51%), Cholesterol: 67.89mg (22.63%), Sodium: 767.81mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Calcium: 402.07mg (40.21%), Phosphorus: 354.52mg (35.45%), Vitamin B6: 0.63mg (31.35%), Potassium: 822.28mg (23.49%), Vitamin B2: 0.36mg (21.42%), Selenium: 14.59µg (20.85%), Vitamin A: 913.29IU (18.27%), Manganese: 0.33mg (16.42%), Vitamin B1: 0.24mg (16.11%), Zinc: 2.28mg (15.21%), Magnesium: 59.22mg (14.8%), Vitamin B12: 0.87µg (14.53%), Vitamin C: 9.61mg (11.65%), Vitamin B3: 2.1mg (10.48%), Fiber: 2.57g (10.26%), Vitamin B5: 0.98mg (9.81%), Folate: 39.2µg (9.8%), Iron: 1.75mg (9.71%), Copper: 0.19mg (9.56%), Vitamin D: 1.12µg (7.48%), Vitamin K: 5.29µg (5.04%), Vitamin E: 0.66mg (4.42%)