



Cheesy au Gratin Potatoes

READY IN



95 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 2 lb baking potatoes boiling
- ☐ 0.3 cup butter
- ☐ 0.3 cup breadcrumbs dry (any flavor)
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups milk
- ☐ 0.5 cup onion chopped
- ☐ 6 servings paprika
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

☐ 8 oz sharp cheddar cheese shredded

Equipment

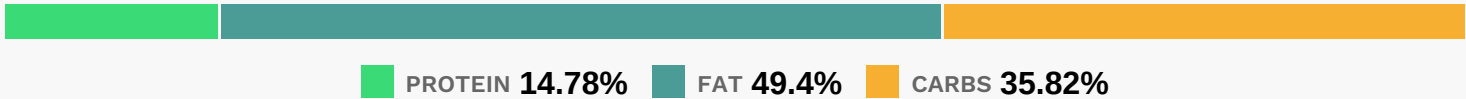
☐ sauce pan

☐ oven

Directions

- ☐ Heat oven to 375F.
- ☐ Scrub potatoes but do not peel.
- ☐ Cut into 1/8-inch slices to measure about 4 cups.
- ☐ 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; remove from heat.
- ☐ Stir in milk and 1 1/2 cups of the cheese.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Spread potatoes in ungreased 1 1/2-quart casserole.
- ☐ 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:49.79, Glycemic Load:24.21, Inflammation Score:-8, Nutrition Score:17.104782726454%

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: 423.98kcal (21.2%), Fat: 23.71g (36.48%), Saturated Fat: 10.49g (65.59%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 35.55g (12.93%), Sugar: 6.03g (6.7%), Cholesterol: 47.56mg (15.85%), Sodium: 797.32mg (34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Calcium: 406.45mg (40.65%), Vitamin A: 1836.15IU (36.72%), Phosphorus: 359.66mg (35.97%), Vitamin B6: 0.66mg (33.16%), Potassium: 861.98mg (24.63%), Vitamin B2: 0.38mg (22.65%), Selenium: 14.6µg (20.86%), Manganese: 0.35mg (17.75%), Vitamin B1: 0.25mg (16.51%), Zinc: 2.34mg (15.63%), Magnesium: 62.28mg (15.57%), Vitamin B12: 0.87µg (14.42%), Fiber: 3.15g (12.59%), Vitamin C: 9.64mg (11.69%), Iron: 2.1mg (11.66%), Vitamin B3: 2.26mg (11.31%), Vitamin B5: 1.02mg (10.21%), Copper: 0.2mg (10.16%), Folate: 39.83µg (9.96%), Vitamin E: 1.22mg (8.15%), Vitamin D: 1.12µg (7.48%), Vitamin K: 5.97µg (5.68%)