



Cheesy Jalapeño New Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 ounce pasteurized cheese product mexican-style cubed prepared
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 garlic cloves pressed
- ☐ 0.5 large bell pepper green chopped
- ☐ 1 cup milk
- ☐ 1.5 pounds new potatoes
- ☐ 0.1 teaspoon pepper
- ☐ 2 ounce pimientos diced undrained

☐ 0.3 teaspoon salt

Equipment

☐ sauce pan

☐ oven

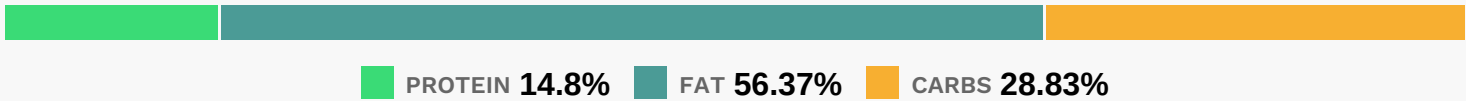
☐ whisk

☐ baking pan

Directions

- ☐ Cook potatoes in boiling water to cover in a large saucepan 20 minutes or until tender; drain. Cool and cut into thin slices; set aside.
- ☐ Melt butter in a saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, until mixture is slightly thickened and bubbly.
- ☐ Remove mixture from heat; add cheese and next 3 ingredients, stirring until cheese melts.
- ☐ Layer potato slices, pimiento, and bell pepper in a lightly greased 8-inch square baking dish; top evenly with cheese mixture.
- ☐ Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:56.79, Glycemic Load:16.47, Inflammation Score:-7, Nutrition Score:14.386086940765%

Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 345.47kcal (17.27%), Fat: 21.95g (33.76%), Saturated Fat: 9.64g (60.25%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 22.24g (8.09%), Sugar: 3.62g (4.02%), Cholesterol: 42.68mg (14.23%), Sodium: 457.77mg

(19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin C: 43.49mg (52.71%), Calcium: 337.98mg (33.8%), Phosphorus: 288.67mg (28.87%), Vitamin B6: 0.45mg (22.74%), Vitamin A: 1087IU (21.74%), Selenium: 12.4µg (17.71%), Potassium: 619.56mg (17.7%), Vitamin B2: 0.28mg (16.51%), Zinc: 1.94mg (12.96%), Fiber: 3.01g (12.04%), Manganese: 0.24mg (11.75%), Magnesium: 44.08mg (11.02%), Vitamin B12: 0.63µg (10.5%), Vitamin B1: 0.15mg (9.8%), Copper: 0.16mg (7.77%), Folate: 30.53µg (7.63%), Vitamin B3: 1.48mg (7.39%), Iron: 1.27mg (7.03%), Vitamin B5: 0.68mg (6.78%), Vitamin K: 5.25µg (5%), Vitamin E: 0.74mg (4.94%), Vitamin D: 0.67µg (4.49%)