



Cheesy Potatoes and Onions

READY IN



45 min.

SERVINGS



12

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups warm milk
- ☐ 1 large onion separated thinly sliced
- ☐ 0.8 teaspoon pepper divided
- ☐ 3 pounds potatoes peeled thinly sliced
- ☐ 6 ounce process american cheese
- ☐ 0.8 teaspoon salt divided
- ☐ 4 ounces cheddar cheese shredded

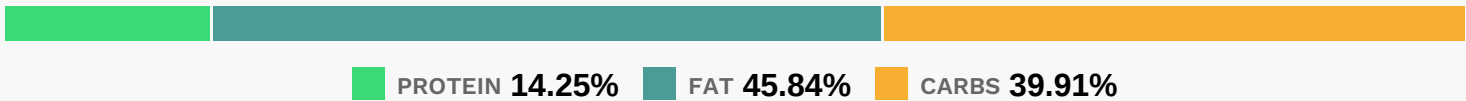
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook potato in boiling water to cover 5 minutes; drain.
- ☐ Layer one-third potato slices, one-third onion slices, and one-third cheese slices in a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Repeat layers twice with remaining potato, onion, cheese slices, salt, and pepper. Top with Cheddar cheese.
- ☐ Melt butter in a heavy saucepan over low heat; add flour, whisking until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk until smooth.
- ☐ Remove from heat; pour over potato mixture.
- ☐ Bake at 400 for 35 minutes or until golden.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:25.81, Glycemic Load:17.5, Inflammation Score:-6, Nutrition Score:11.603478162185%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 263.86kcal (13.19%), Fat: 13.62g (20.96%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 23.88g (8.68%), Sugar: 4.71g (5.23%), Cholesterol: 30.94mg (10.31%), Sodium: 519.16mg

(22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.05%), Calcium: 308.9mg (30.89%), Vitamin C: 23.27mg (28.21%), Phosphorus: 268.11mg (26.81%), Vitamin B6: 0.4mg (20.14%), Potassium: 619.61mg (17.7%), Vitamin B2: 0.21mg (12.56%), Manganese: 0.23mg (11.64%), Selenium: 7.99µg (11.41%), Fiber: 2.81g (11.24%), Vitamin B12: 0.65µg (10.78%), Magnesium: 41.82mg (10.46%), Vitamin B1: 0.16mg (10.44%), Vitamin A: 499.82IU (10%), Zinc: 1.32mg (8.8%), Vitamin B3: 1.45mg (7.23%), Copper: 0.14mg (7.16%), Folate: 28.47µg (7.12%), Vitamin B5: 0.69mg (6.92%), Iron: 1.15mg (6.39%), Vitamin D: 0.81µg (5.42%), Vitamin K: 3.2µg (3.04%), Vitamin E: 0.38mg (2.52%)