



Cheesy Scalloped Potatoes

READY IN



30 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 3 lb baking potatoes thinly sliced (4 large)
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 cups milk
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded

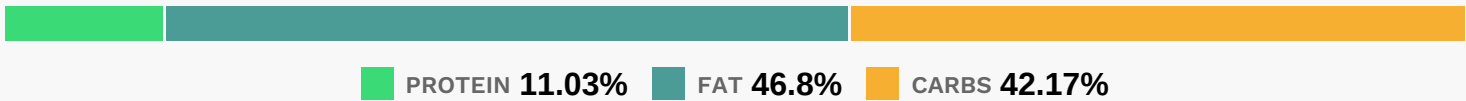
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine 1/2 cup mayonnaise and next 3 ingredients in a saucepan. Gradually add milk, and cook, stirring constantly, over medium-low heat 8 to 10 minutes or until thickened.
- ☐ Remove from heat.
- ☐ Add Cheddar cheese and next 3 ingredients, stirring until cheese melts and is well blended.
- ☐ Place half of potato slices evenly in a lightly greased 11- x 7-inch baking dish; pour half of cheese mixture over potatoes. Repeat layers with remaining half of potato slices and cheese mixture.
- ☐ Sprinkle evenly with Parmesan cheese.
- ☐ Bake, covered, at 350 for 1 hour. Uncover and bake 30 more minutes or until potatoes are golden brown and fork tender.

Nutrition Facts



Properties

Glycemic Index:53.59, Glycemic Load:26.17, Inflammation Score:-6, Nutrition Score:12.030434732852%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.12kcal (16.36%), Fat: 17.25g (26.54%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 32.66g (11.88%), Sugar: 3.39g (3.77%), Cholesterol: 26.58mg (8.86%), Sodium: 374.46mg (16.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Vitamin B6: 0.63mg (31.43%), Vitamin K: 26.91µg (25.63%), Potassium: 798.32mg (22.81%), Phosphorus: 217.74mg (21.77%), Calcium: 192.07mg (19.21%), Manganese: 0.29mg (14.71%), Magnesium: 49.93mg (12.48%), Vitamin B1: 0.19mg (12.39%), Vitamin C: 10.19mg (12.35%), Vitamin B2: 0.2mg (11.72%), Selenium: 6.95µg (9.92%), Vitamin B3: 1.93mg (9.67%), Copper: 0.19mg (9.42%), Fiber: 2.31g (9.23%), Iron: 1.66mg (9.21%), Zinc: 1.29mg (8.62%), Folate: 31.25µg (7.81%), Vitamin B5: 0.78mg (7.79%), Vitamin B12: 0.43µg (7.17%), Vitamin A: 255.8IU (5.12%), Vitamin D: 0.62µg (4.15%), Vitamin E: 0.61mg (4.09%)