



Cheesy Scalloped Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 clove garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup bell pepper red chopped

- ☐ 2.5 pounds potatoes red unpeeled
- ☐ 0.8 teaspoon salt
- ☐ 4 ounces swiss cheese shredded
- ☐ 2 cups whipping cream

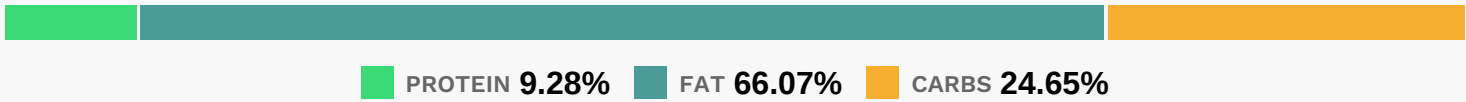
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Cut potatoes into 1/8-inch-thick slices; set aside.
- ☐ Melt butter in a Dutch oven over medium-high heat; add green onions and next 3 ingredients. Cook, stirring constantly, 2 minutes.
- ☐ Add whipping cream and next 3 ingredients, stirring well.
- ☐ Add potato slices; bring to a boil over medium heat, and cook, stirring gently, 15 minutes or until potato slices are tender. Spoon into a lightly greased 11- x 7- x 1 1/2-inch baking dish; sprinkle with cheeses.
- ☐ Bake at 350 for 45 minutes or until bubbly and golden brown.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:13.382608621017%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 425.72kcal (21.29%), Fat: 31.95g (49.15%), Saturated Fat: 18.11g (113.18%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 24.13g (8.77%), Sugar: 5.04g (5.6%), Cholesterol: 85.88mg (28.63%), Sodium: 399.71mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.19%), Vitamin A: 1516.41IU (30.33%), Vitamin C: 21.45mg (26%), Phosphorus: 250.47mg (25.05%), Calcium: 241.55mg (24.16%), Potassium: 782.05mg (22.34%), Vitamin B6: 0.32mg (15.78%), Vitamin B2: 0.25mg (14.87%), Vitamin K: 15.42µg (14.69%), Selenium: 8.38µg (11.97%), Manganese: 0.23mg (11.72%), Vitamin B12: 0.69µg (11.57%), Magnesium: 45.9mg (11.48%), Fiber: 2.69g (10.76%), Copper: 0.21mg (10.57%), Zinc: 1.5mg (9.99%), Vitamin B1: 0.15mg (9.94%), Vitamin B3: 1.79mg (8.97%), Folate: 35.02µg (8.76%), Vitamin D: 1.22µg (8.13%), Vitamin B5: 0.73mg (7.34%), Iron: 1.23mg (6.86%), Vitamin E: 0.98mg (6.52%)