



Cider Scalloped Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 ounces gouda cheese smoked shredded
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 ounces jarlsberg cheese shredded reduced-fat
- ☐ 1 cup milk 1% low-fat
- ☐ 2 pounds potatoes yellow peeled thinly sliced

☐ 0.5 teaspoon salt

Equipment

☐ bowl

☐ sauce pan

☐ oven

☐ whisk

☐ spatula

Directions

☐ Preheat oven to 42

☐ Place the flour in a medium saucepan. Gradually add the milk, stirring with a whisk until blended. Stir in cider, broth, salt, pepper, and nutmeg; bring to a boil over medium heat, stirring constantly.

☐ Remove from heat.

☐ Combine cheeses in a small bowl. Arrange half of the potato slices in a shallow 3-quart casserole, and sprinkle with 1/2 cup cheese mixture. Arrange the remaining potato slices on top.

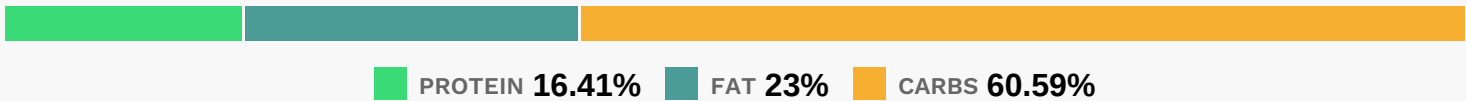
☐ Pour the cider mixture over the potatoes, and bake at 425 for 25 minutes.

☐ Remove from oven; press potatoes with a spatula.

☐ Sprinkle with 1/2 cup cheese mixture, and bake an additional 20 minutes or until potatoes are tender.

☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:41.06, Glycemic Load:16.93, Inflammation Score:-4, Nutrition Score:8.289130428563%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 171.82kcal (8.59%), Fat: 4.44g (6.84%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 23.71g (8.62%), Sugar: 5.38g (5.98%), Cholesterol: 14.62mg (4.87%), Sodium: 326.52mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin C: 22.61mg (27.4%), Vitamin B6: 0.37mg (18.31%), Potassium: 569.91mg (16.28%), Calcium: 154.63mg (15.46%), Phosphorus: 139.53mg (13.95%), Manganese: 0.22mg (11.03%), Fiber: 2.63g (10.51%), Vitamin B1: 0.13mg (8.78%), Magnesium: 33.87mg (8.47%), Vitamin B3: 1.45mg (7.23%), Vitamin B2: 0.12mg (6.98%), Copper: 0.14mg (6.78%), Folate: 23.83µg (5.96%), Iron: 1.05mg (5.84%), Vitamin B12: 0.32µg (5.29%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.76mg (5.04%), Selenium: 2.97µg (4.24%), Vitamin A: 151.28IU (3.03%), Vitamin D: 0.36µg (2.4%), Vitamin K: 2.45µg (2.34%)