



Classic Parmesan Scalloped Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



473 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 2 oz parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1.5 teaspoons salt
- ☐ 3 cups whipping cream
- ☐ 2 pounds yukon gold potatoes peeled thinly sliced

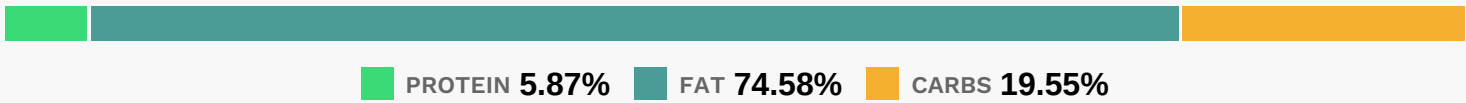
Equipment

- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat. Stir in potatoes and next 5 ingredients, and bring to a boil. Reduce heat to medium-low, and cook, stirring gently, 15 minutes or until potatoes are tender.
- ☐ Spoon mixture into a lightly greased 13- x 9-inch baking dish; sprinkle with cheese.
- ☐ Bake at 400 for 25 to 30 minutes or until bubbly and golden brown.
- ☐ Remove to a wire rack, and let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:14.6, Inflammation Score:-8, Nutrition Score:12.38913053015%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 473.42kcal (23.67%), Fat: 40.08g (61.66%), Saturated Fat: 25.31g (158.16%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 21.05g (7.65%), Sugar: 3.52g (3.92%), Cholesterol: 122.27mg (40.76%), Sodium: 637.76mg (27.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Vitamin K: 36.49µg (34.75%), Vitamin A: 1711.18IU (34.22%), Vitamin C: 25.6mg (31.03%), Vitamin B6: 0.38mg (19.14%), Potassium: 591.25mg (16.89%), Phosphorus: 165.37mg (16.54%), Calcium: 141.36mg (14.14%), Vitamin B2: 0.23mg (13.75%), Fiber: 2.59g (10.35%), Manganese: 0.21mg (10.25%), Vitamin D: 1.46µg (9.76%), Magnesium: 36.19mg (9.05%),

Selenium: 5.68µg (8.12%), Vitamin B1: 0.11mg (7.6%), Copper: 0.14mg (7.07%), Vitamin E: 1.05mg (6.99%), Vitamin B3: 1.29mg (6.46%), Iron: 1.15mg (6.37%), Folate: 25.23µg (6.31%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.89mg (5.91%), Vitamin B12: 0.25µg (4.18%)