



Classic Parmesan Scalloped Potatoes

 Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



335 kcal

SIDE DISH

Ingredients

- 0.3 cup parsley fresh chopped
- 2 garlic clove chopped
- 0.5 cup 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

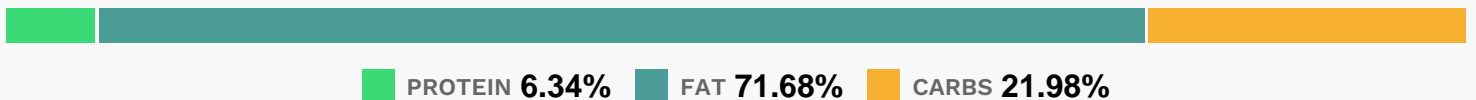
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 400
- Layer potatoes in a 13- x 9-inch or 3-qt. baking dish.
- Stir together cream and next 4 ingredients in a large bowl.
- Pour cream mixture over potatoes.
- Bake at 400 for 30 minutes, stirring gently every 10 minutes.
- Sprinkle with cheese; bake 15 to 20 minutes or until bubbly and golden brown.
- Let stand on a wire rack 10 minutes before serving.
- TRY THIS TWIST!
- Gruyere Scalloped Potatoes: Substitute finely shredded Gruyere cheese for Parmesan. Reduce parsley to 2 Tbsp. and salt to 1 tsp. Prepare recipe as directed, stirring 1 tsp. freshly ground Italian seasoning into cream mixture in Step Note: We tested with McCormick Italian Herb Seasoning Grinder.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:11.68, Inflammation Score:-7, Nutrition Score:9.5973912840304%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 335.22kcal (16.76%), Fat: 27.27g (41.96%), Saturated Fat: 17.22g (107.65%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 16.75g (6.09%), Sugar: 2.82g (3.13%), Cholesterol: 85.03mg (28.34%), Sodium: 462mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin K: 28.79µg (27.41%), Vitamin C: 20.48mg (24.83%), Vitamin A: 1221.33IU (24.43%), Vitamin B6: 0.31mg (15.28%), Potassium: 470.41mg (13.44%), Phosphorus: 126.69mg (12.67%), Vitamin B2: 0.18mg (10.75%), Calcium: 105.8mg (10.58%), Fiber: 2.07g (8.28%), Manganese: 0.16mg (8.17%), Vitamin D: 1.17µg (7.78%), Magnesium: 28.61mg (7.15%), Selenium: 4.25µg (6.08%), Vitamin B1: 0.09mg (6.05%), Copper: 0.11mg (5.64%), Vitamin B3: 1.03mg (5.15%), Iron: 0.91mg (5.07%), Folate: 19.98µg (4.99%), Vitamin B5: 0.48mg (4.77%), Vitamin E: 0.7mg (4.69%), Zinc: 0.68mg (4.5%), Vitamin B12: 0.18µg (3.03%)