



Creamy Au Gratin Potatoes

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 3 tablespoons flour all-purpose
- 2 cups milk
- 1 onion sliced into rings
- 4 baking potatoes sliced into 1/4 inch slices
- 0.5 teaspoon salt
- 4 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded

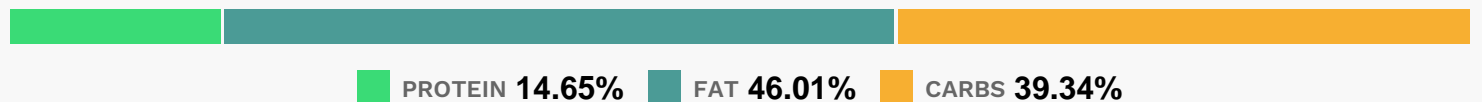
Equipment

- sauce pan
- oven
- whisk
- casserole dish
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Butter a 1 quart casserole dish.
- Layer 1/2 of the potatoes into bottom of the prepared casserole dish. Top with the onion slices, and add the remaining potatoes. Season with salt and pepper to taste.
- In a medium-size saucepan, melt butter over medium heat.
- Mix in the flour and salt, and stir constantly with a whisk for one minute. Stir in milk. Cook until mixture has thickened. Stir in cheese all at once, and continue stirring until melted, about 30 to 60 seconds.
- Pour cheese over the potatoes, and cover the dish with aluminum foil.
- Bake 1 1/2 hours in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:36.39, Inflammation Score:-7, Nutrition Score:19.839565049047%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 521.12kcal (26.06%), Fat: 27.08g (41.66%), Saturated Fat: 15.88g (99.24%), Carbohydrates: 52.09g (17.36%), Net Carbohydrates: 48.7g (17.71%), Sugar: 8.52g (9.46%), Cholesterol: 79.59mg (26.53%), Sodium: 887.34mg (38.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Calcium: 487.33mg (48.73%), Phosphorus: 451.02mg (45.1%), Vitamin B6: 0.87mg (43.71%), Potassium: 1152.63mg (32.93%), Vitamin B2: 0.46mg (27.31%), Selenium: 17.31µg (24.73%), Manganese: 0.42mg (20.93%), Vitamin B1: 0.31mg (20.84%), Magnesium: 79.28mg (19.82%), Vitamin B12: 1.13µg (18.76%), Zinc: 2.77mg (18.47%), Vitamin A: 887.31IU (17.75%), Vitamin C: 14.18mg (17.18%), Folate: 54.55µg (13.64%), Vitamin B3: 2.72mg (13.62%), Fiber: 3.39g (13.55%), Vitamin B5: 1.34mg (13.41%), Copper: 0.25mg (12.69%), Iron: 2.22mg (12.36%), Vitamin D: 1.6µg (10.64%), Vitamin K: 6.08µg (5.79%), Vitamin E: 0.65mg (4.35%)