



Creamy Potatoes Au Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 1 onion thinly sliced
- ☐ 4 russet potatoes divided peeled sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded divided

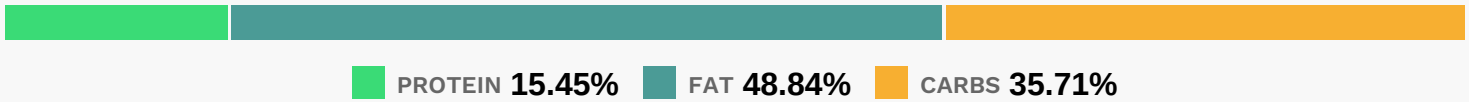
Equipment

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

Directions

- ☐ Arrange half the potato slices in a greased 1 1/2-quart casserole dish. Top with onion and remaining potatoes; add salt and pepper to taste.
- ☐ In a medium saucepan, melt butter over medium heat.
- ☐ Add flour and salt; stir constantly with a whisk one minute. Stir in milk; cook until thickened. Stir in 1 1/2 cups cheese; continue to stir until melted.
- ☐ Pour over potatoes; cover with aluminum foil.
- ☐ Bake at 400 for one hour. Uncover, sprinkle with remaining cheese.
- ☐ Bake 10 to 15 more minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:36.49, Inflammation Score:-8, Nutrition Score:21.576087122378%

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: 578.75kcal (28.94%), Fat: 31.88g (49.05%), Saturated Fat: 18.59g (116.19%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 49.04g (17.83%), Sugar: 8.56g (9.51%), Cholesterol: 93.71mg (31.24%), Sodium: 689.04mg (29.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.39%), Calcium: 587.01mg (58.7%), Phosphorus: 515.71mg (51.57%), Vitamin B6: 0.88mg (44.2%), Potassium: 1163.44mg (33.24%), Vitamin B2: 0.53mg (30.98%), Selenium: 21.31µg (30.44%), Zinc: 3.29mg (21.92%), Vitamin B12: 1.28µg (21.26%), Vitamin B1:

0.32mg (21.11%), Manganese: 0.42mg (20.96%), Magnesium: 83.09mg (20.77%), Vitamin A: 1028.84IU (20.58%),
Vitamin C: 14.18mg (17.18%), Folate: 57.52µg (14.38%), Vitamin B5: 1.4mg (14%), Vitamin B3: 2.73mg (13.65%), Fiber:
3.39g (13.55%), Copper: 0.26mg (12.91%), Iron: 2.24mg (12.47%), Vitamin D: 1.68µg (11.21%), Vitamin K: 6.42µg (6.11%),
Vitamin E: 0.76mg (5.06%)