



Creamy Scalloped Potatoes With Bacon

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 3 slices hickory-smoked bacon
- ☐ 2 pounds baking potatoes peeled thinly sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2.5 cups milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup 0%-less-fat cream sour (such as Daisy)
- ☐ 1.5 cups onion separated thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons or fresh chopped
- ☐ 2 teaspoons or fresh chopped

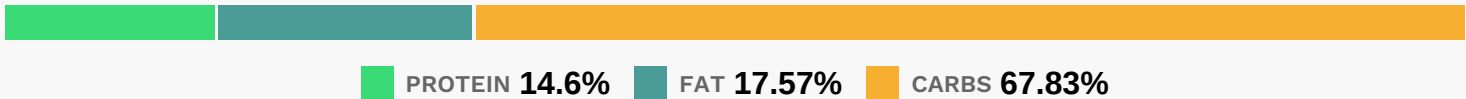
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from skillet, reserving 1 teaspoon bacon fat in skillet; crumble bacon, and set aside.
- ☐ Add onion to bacon fat in skillet; cook, stirring constantly, 5 minutes.
- ☐ Add thyme and next 3 ingredients; cook, stirring constantly, 5 minutes.
- ☐ Sprinkle with flour; cook 1 minute, stirring constantly. Gradually stir in milk; bring to a simmer. Cook 5 minutes or until thick, stirring frequently.
- ☐ Remove from heat; stir in sour cream and chives.
- ☐ Spread 1/2 cup sauce in an 8-inch square baking dish coated with cooking spray. Arrange one-third of potatoes over sauce, overlapping slices slightly.
- ☐ Spread 1/2 cup sauce over potatoes. Repeat layers twice with remaining potatoes and sauce, ending with sauce.
- ☐ Sprinkle with crumbled bacon. Cover and bake at 350 for 1 hour and 10 minutes or until potatoes are tender. Uncover and bake an additional 10 minutes.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:59.68, Glycemic Load:29.63, Inflammation Score:-6, Nutrition Score:13.069130415502%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 267.32kcal (13.37%), Fat: 5.3g (8.16%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 46.05g (15.35%), Net Carbohydrates: 43.11g (15.67%), Sugar: 11.27g (12.53%), Cholesterol: 13.74mg (4.58%), Sodium: 521.01mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Vitamin B6: 0.67mg (33.39%), Potassium: 917.92mg (26.23%), Phosphorus: 240.81mg (24.08%), Vitamin B1: 0.29mg (19.45%), Calcium: 188.15mg (18.82%), Manganese: 0.37mg (18.5%), Vitamin B2: 0.27mg (15.92%), Vitamin C: 11.77mg (14.27%), Magnesium: 56.12mg (14.03%), Vitamin B3: 2.61mg (13.04%), Vitamin B12: 0.71µg (11.78%), Fiber: 2.94g (11.78%), Folate: 44.53µg (11.13%), Selenium: 7.68µg (10.97%), Iron: 1.9mg (10.55%), Vitamin B5: 1.02mg (10.23%), Copper: 0.19mg (9.67%), Zinc: 1.24mg (8.3%), Vitamin D: 1.18µg (7.86%), Vitamin A: 275.46IU (5.51%), Vitamin K: 4.65µg (4.43%)