



Dijon Scalloped Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potato peeled thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup leeks sliced
- ☐ 0.1 teaspoon pepper

☐

0.3 teaspoon salt

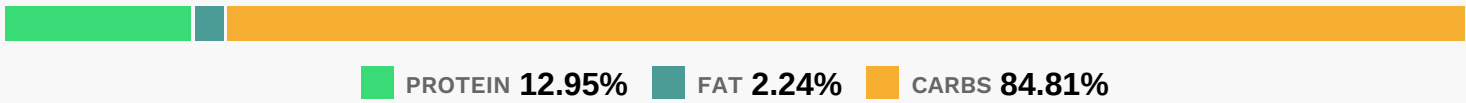
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine broth and sliced leeks in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Combine milk and next 5 ingredients, stirring with a whisk until smooth.
- ☐ Add to broth mixture, stirring well. Cook 3 minutes or until mixture is thickened and bubbly, stirring constantly.
- ☐ Remove from heat.
- ☐ Layer half of potato in a 1 1/2-quart oval au gratin or baking dish coated with cooking spray; pour half of leek mixture over potato. Repeat layers with remaining potato and leek mixture. Cover and bake at 350 for 55 minutes. Uncover and bake 15 minutes or until potato is tender and lightly browned.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:18.14, Inflammation Score:-3, Nutrition Score:6.8473912892134%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.02kcal (5.65%), Fat: 0.29g (0.45%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 22.87g (8.32%), Sugar: 2.11g (2.34%), Cholesterol: 0.61mg (0.2%), Sodium: 256.12mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin B6: 0.43mg (21.4%), Potassium: 537.21mg (15.35%), Manganese: 0.25mg (12.61%), Phosphorus: 95.62mg (9.56%), Vitamin B1: 0.14mg (9.03%), Vitamin C: 7.38mg (8.95%), Magnesium: 32.9mg (8.23%), Vitamin B3: 1.55mg (7.75%), Iron: 1.35mg (7.51%), Fiber: 1.8g (7.2%), Copper: 0.14mg (6.89%), Folate: 26.07µg (6.52%), Vitamin K: 5.64µg (5.37%), Vitamin B2: 0.09mg (5.09%), Calcium: 50.14mg (5.01%), Vitamin B5: 0.48mg (4.78%), Selenium: 3.26µg (4.66%), Vitamin A: 170.86IU (3.42%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.18µg (2.92%), Vitamin D: 0.22µg (1.5%)