



Easy Cheesy Scalloped Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

Ingredients

- 10 ounce condensed cheddar cheese soup canned
- 5 ounce evaporated milk canned
- 1 medium onion finely chopped
- 2 ounce pimientos diced
- 24 ounce cut russet potatoes frozen
- 1.3 cups cheddar cheese shredded

Equipment

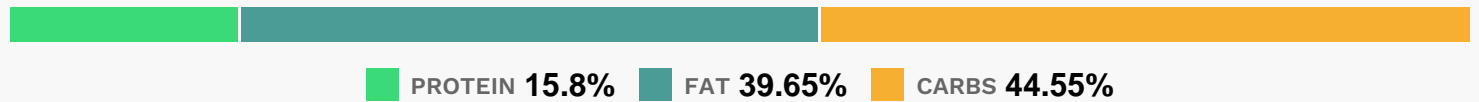
- bowl

- oven
- microwave

Directions

- Preheat oven to 350 degrees F. Lightly spray medium casserole with cooking spray; set aside.
- Microwave potatoes according to package directions for 5 minutes. In a medium bowl, stir together cheddar cheese soup with evaporated milk until smooth.
- Place half of the potatoes in the bottom of prepared casserole.
- Layer with half each of pimientos, onion, cheese soup mixture, and shredded cheese. Repeat layers.
- Bake in preheated oven for 45 to 55 minutes or until bubbling.

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:25.23, Inflammation Score:-8, Nutrition Score:16.302173764809%

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: 398.67kcal (19.93%), Fat: 17.76g (27.32%), Saturated Fat: 9.61g (60.09%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 41.32g (15.03%), Sugar: 7.51g (8.34%), Cholesterol: 48.42mg (16.14%), Sodium: 651.9mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Calcium: 394.26mg (39.43%), Potassium: 1231.73mg (35.19%), Vitamin B6: 0.7mg (34.96%), Phosphorus: 338.17mg (33.82%), Vitamin C: 27.15mg (32.9%), Vitamin A: 1102.74IU (22.05%), Vitamin B2: 0.34mg (20.09%), Selenium: 11.65µg (16.65%), Manganese: 0.32mg (16.06%), Magnesium: 60.9mg (15.23%), Fiber: 3.57g (14.29%), Zinc: 2.14mg (14.28%), Vitamin B1: 0.18mg (12.13%), Iron: 1.94mg (10.76%), Copper: 0.21mg (10.59%), Folate: 40.28µg (10.07%), Vitamin B3: 1.99mg (9.93%), Vitamin B5: 0.92mg (9.19%), Vitamin B12: 0.43µg (7.18%), Vitamin K: 5.68µg (5.41%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.25µg (1.65%)