



Easy Scalloped Potatoes with Cheese

 Gluten Free

READY IN



60 min.

SERVINGS



15

CALORIES



229 kcal

SIDE DISH

Ingredients

- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 1 cup chicken broth fat-free reduced-sodium
- 6 oz oscar mayer ham smoked chopped
- 1 cup peas frozen
- 3 lb potatoes red thinly sliced (9)
- 8 oz cheddar cheese shredded divided kraft

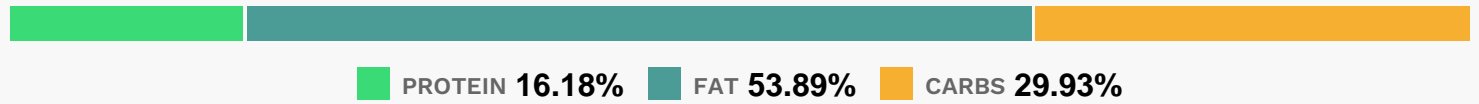
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350F.
- Mix cream cheese, sour cream and broth in large bowl until blended.
- Add potatoes, ham, 1-3/4 cups cheese and peas; stir gently to evenly coat all ingredients.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; top with remaining cheese.
- Bake 1 hour or until casserole is heated through and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:8.7813042920569%

Flavonoids

Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 229.28kcal (11.46%), Fat: 13.92g (21.42%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 15.3g (5.56%), Sugar: 2.62g (2.91%), Cholesterol: 41.94mg (13.98%), Sodium: 362.05mg (15.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.81%), Phosphorus: 182.96mg (18.3%), Potassium: 514.51mg (14.7%), Vitamin C: 11.74mg (14.23%), Calcium: 142.19mg (14.22%), Selenium: 9.4µg (13.43%), Vitamin B6: 0.24mg (11.89%), Vitamin B1: 0.18mg (11.85%), Vitamin B2: 0.18mg (10.79%), Vitamin A: 482.62IU (9.65%), Vitamin B3: 1.86mg (9.32%), Zinc: 1.34mg (8.94%), Manganese: 0.17mg (8.74%), Fiber: 2.09g (8.37%), Copper: 0.16mg (8%), Magnesium: 31.66mg (7.92%), Folate: 28.1µg (7.03%), Vitamin K: 5.82µg (5.55%), Iron: 0.97mg (5.39%), Vitamin B12: 0.31µg (5.21%), Vitamin B5: 0.51mg (5.08%), Vitamin E: 0.34mg (2.23%), Vitamin D: 0.17µg (1.13%)