



Elegant Scalloped Potatoes

READY IN



45 min.

SERVINGS



12

CALORIES



461 kcal

SIDE DISH

Ingredients

- 8 large baking potatoes
- 6 tablespoons butter cubed
- 0.3 cup bacon crumbled cooked
- 6 tablespoons flour all-purpose
- 1 teaspoons garlic powder
- 0.3 cup spring onion sliced
- 3.5 cups milk
- 0.5 teaspoon pepper
- 12 ounces processed cheese food cubed (Velveeta)

- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded

Equipment

- sauce pan
- oven
- whisk
- baking pan
- microwave

Directions

- Scrub and pierce potatoes; place on a microwave-safe plate. Microwave on high for 15–20 minutes or until tender. Cool slightly.
- In a saucepan, melt butter. Stir in the flour, garlic powder, salt and pepper until smooth; gradually whisk in milk. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Add the process cheese and bacon; stir until cheese is melted.
- Remove from the heat; set aside.
- Cut potatoes into 1/4-in. slices.
- Place a third of the slices in a greased 13-in. x 9-in. baking dish; top with a third of the cheese sauce. Repeat layers twice.
- Sprinkle with cheddar cheese and onions.
- Bake, uncovered, at 350° for 15 minutes or until cheese is melted.

Nutrition Facts

 **PROTEIN 14.1%**  **FAT 41.27%**  **CARBS 44.63%**

Properties

Glycemic Index:30.9, Glycemic Load:38.69, Inflammation Score:-6, Nutrition Score:19.110434687656%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 461.01kcal (23.05%), Fat: 21.52g (33.11%), Saturated Fat: 12.3g (76.9%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 48.97g (17.81%), Sugar: 5.69g (6.32%), Cholesterol: 64.5mg (21.5%), Sodium: 770.08mg (33.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.08%), Calcium: 487.29mg (48.73%), Vitamin B6: 0.94mg (46.91%), Phosphorus: 452.03mg (45.2%), Potassium: 1208.48mg (34.53%), Manganese: 0.44mg (22.23%), Vitamin B1: 0.3mg (19.88%), Selenium: 13.75µg (19.64%), Magnesium: 77.73mg (19.43%), Vitamin B2: 0.32mg (18.69%), Vitamin C: 14.42mg (17.47%), Vitamin B3: 3.22mg (16.08%), Vitamin B12: 0.96µg (15.93%), Zinc: 2.2mg (14.69%), Iron: 2.57mg (14.27%), Copper: 0.28mg (14.16%), Fiber: 3.4g (13.59%), Vitamin A: 677.66IU (13.55%), Vitamin B5: 1.22mg (12.23%), Folate: 47.23µg (11.81%), Vitamin K: 10.56µg (10.05%), Vitamin D: 1.02µg (6.81%), Vitamin E: 0.55mg (3.66%)