



Endive Potato Casserole

READY IN



45 min.

SERVINGS



2

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup baking potato peeled sliced
- 0.3 pound belgian endive sliced
- 1.5 tablespoons flour all-purpose
- 1.5 tablespoons butter reduced-calorie
- 0.3 teaspoon salt
- 1.5 tablespoons shallots chopped
- 0.8 cup skim milk
- 0.5 ounce swiss cheese shredded divided reduced-fat

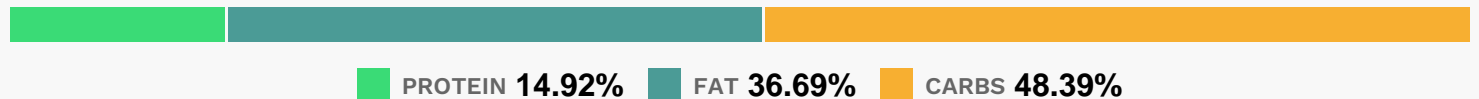
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Melt margarine in a small heavy saucepan over medium heat; add flour, and stir until smooth. Cook, stirring constantly with a wire whisk, 1 minute. Gradually add milk, stirring constantly until white sauce is thickened and bubbly.
- Remove from heat; stir in salt. Set aside.
- Coat a 7- x 5 1/4- x 1 1/2-inch baking dish with cooking spray. Arrange half of endive slices in bottom of dish. Arrange half of potato slices over endive; sprinkle with half of shallot and 1 tablespoon cheese. Top with half of white sauce. Repeat layers, ending with remaining white sauce and remaining 1 tablespoon cheese.
- Bake, uncovered, at 350 for 45 minutes or until potato is tender.

Nutrition Facts



Properties

Glycemic Index:111.5, Glycemic Load:15.56, Inflammation Score:-6, Nutrition Score:10.625217474025%

Nutrients (% of daily need)

Calories: 217.4kcal (10.87%), Fat: 9.09g (13.98%), Saturated Fat: 2.08g (13%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 23.25g (8.45%), Sugar: 5.8g (6.45%), Cholesterol: 5.24mg (1.75%), Sodium: 447.75mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Calcium: 220.45mg (22.04%), Phosphorus: 215.08mg (21.51%), Potassium: 669.1mg (19.12%), Vitamin B6: 0.38mg (18.94%), Fiber: 3.71g (14.84%), Vitamin B1: 0.21mg (14.06%), Folate: 53.68µg (13.42%), Vitamin B2: 0.22mg (13.19%), Manganese: 0.26mg (12.86%), Vitamin A: 596.76IU (11.94%), Vitamin B12: 0.66µg (11.04%), Magnesium: 41.52mg (10.38%), Vitamin C: 7.01mg (8.5%), Selenium: 5.19µg (7.41%), Zinc: 1.1mg (7.32%), Vitamin B5: 0.72mg (7.19%), Vitamin B3: 1.36mg (6.81%), Vitamin D: 1.02µg (6.78%), Copper: 0.13mg (6.72%), Iron: 1.19mg (6.62%), Vitamin E: 0.34mg (2.3%), Vitamin K: 1.46µg (1.39%)