



Escalloped Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 2 tablespoons butter
- 0.3 cup breadcrumbs dry fine
- 0.3 cup flour all-purpose
- 0.3 cup parsley fresh chopped
- 2 cups milk
- 0.5 teaspoon pepper
- 6 medium potatoes cleaned peeled
- 1 teaspoon salt

- 8 ounces swiss cheese shredded

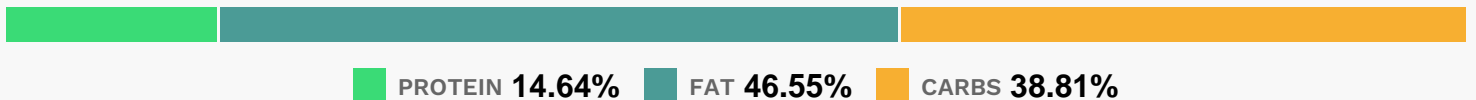
Equipment

- bowl
- sauce pan
- oven
- dutch oven

Directions

- Cut potatoes into 1/8-inch thick slices; place in a bowl of lightly salted water. Set aside.
- Fill a medium Dutch oven one-fourth full of water; bring to a boil.
- Drain potatoes; add to boiling water. Cover and cook over medium heat 20 minutes or until tender; drain well and set aside.
- Melt 1/4 cup plus 1 tablespoon butter in a medium saucepan; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly.
- Add salt and pepper; stir well.
- Alternate layers of white sauce, potatoes, cheese, and parsley in a greased shallow 2 1/2-quart casserole, beginning and ending with sauce.
- Sprinkle top with breadcrumbs and dot with 2 tablespoons butter. Cover and bake at 350 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:35.97, Glycemic Load:23.81, Inflammation Score:-7, Nutrition Score:17.291304380997%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.12mg, Quercetin: 1.12mg,

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Nutrients (% of daily need)

Calories: 375.73kcal (18.79%), Fat: 19.65g (30.23%), Saturated Fat: 8.16g (50.97%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 33g (12%), Sugar: 4.42g (4.91%), Cholesterol: 33.69mg (11.23%), Sodium: 501.65mg (21.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Vitamin C: 33.99mg (41.19%), Calcium: 359.77mg (35.98%), Vitamin K: 34.8µg (33.15%), Phosphorus: 328.9mg (32.89%), Vitamin B6: 0.54mg (26.86%), Potassium: 811.53mg (23.19%), Vitamin B12: 1.21µg (20.13%), Selenium: 12.35µg (17.65%), Vitamin A: 874.89IU (17.5%), Manganese: 0.33mg (16.28%), Fiber: 3.87g (15.46%), Vitamin B1: 0.23mg (15.41%), Vitamin B2: 0.26mg (15.3%), Magnesium: 57.21mg (14.3%), Zinc: 2.05mg (13.67%), Vitamin B3: 2.25mg (11.24%), Folate: 41.85µg (10.46%), Copper: 0.21mg (10.27%), Iron: 1.76mg (9.77%), Vitamin B5: 0.88mg (8.76%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.57mg (3.77%)