



Extra-Creamy Scalloped Potatoes

 Vegetarian

READY IN



148 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 1 tablespoon flour all-purpose
- 3 cups heavy cream
- 8 servings kosher salt and pepper white freshly ground
- 0.3 teaspoon nutmeg freshly grated
- 2 pounds russet potatoes peeled sliced
- 8 servings butter unsalted softened for the baking dish

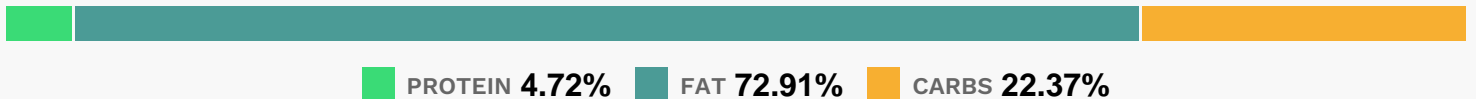
Equipment

- bowl
- oven
- whisk
- pot
- baking pan
- roasting pan

Directions

- Preheat the oven to 350 degrees F.
- Brush a shallow 2 1/2-quart baking dish with butter.
- Put the potatoes in a large pot.
- Whisk the cream, flour, bay leaf, nutmeg, 1 teaspoon salt and 1/4 teaspoon white pepper in a bowl, then pour over the potatoes. Cook over medium heat, carefully stirring occasionally, until the cream just comes to a simmer, about 12 minutes. Continue to simmer, adjusting the heat if necessary and stirring to prevent the bottom from scorching, until the potatoes just begin to soften, about 5 more minutes.
- Transfer the potato mixture to the prepared baking dish; discard the bay leaf. Set the baking dish in a roasting pan and add enough water to come about halfway up the sides of the baking dish.
- Bake until the potatoes are tender and golden brown, about 1 hour.
- Remove the baking dish from the water bath and let stand 10 minutes before serving.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:16.65, Inflammation Score:-7, Nutrition Score:9.2113044261932%

Nutrients (% of daily need)

Calories: 438.58kcal (21.93%), Fat: 36.44g (56.06%), Saturated Fat: 23.16g (144.72%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 23.12g (8.41%), Sugar: 3.33g (3.7%), Cholesterol: 111.6mg (37.2%), Sodium: 30.45mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Vitamin A: 1438.9IU (28.78%), Vitamin B6: 0.43mg (21.27%), Potassium: 561.61mg (16.05%), Manganese: 0.27mg (13.72%), Vitamin B2: 0.21mg (12.6%), Phosphorus: 120.01mg (12%), Vitamin D: 1.5µg (10.02%), Vitamin C: 7.43mg (9%), Magnesium: 34.56mg (8.64%), Fiber: 2.04g (8.16%), Calcium: 80.51mg (8.05%), Vitamin B1: 0.12mg (7.94%), Iron: 1.4mg (7.79%), Copper: 0.15mg (7.38%), Vitamin B3: 1.29mg (6.47%), Vitamin E: 0.95mg (6.33%), Vitamin B5: 0.58mg (5.79%), Folate: 21.58µg (5.4%), Selenium: 3.56µg (5.09%), Vitamin K: 5.25µg (5%), Zinc: 0.58mg (3.86%), Vitamin B12: 0.15µg (2.52%)