



French Onion Scalloped Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2.8 oz fried onions canned
- ☐ 2 cups half and half
- ☐ 9.4 oz potatoes
- ☐ 1 oz ranch dressing (milk recipe)
- ☐ 0.8 cup bell pepper red chopped
- ☐ 3.5 cups water boiling

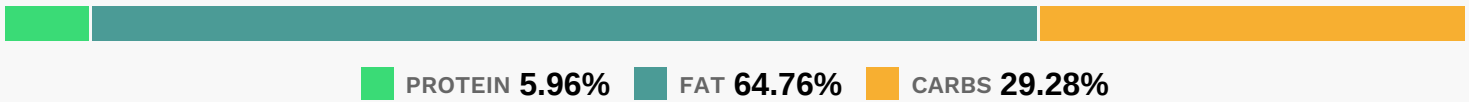
Equipment

- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400F.
- ☐ In 13x9-inch (3-quart) glass baking dish, stir together both Sauce
- ☐ Mixes (from potato boxes), the dressing mix, boiling water and half-and-half with wire whisk. Stir in both Potatoes pouches and the bell pepper.
- ☐ Bake uncovered 35 minutes or until potatoes are tender.
- ☐ Top with onions; bake 10 minutes longer.
- ☐ Sprinkle with parsley before serving.
- ☐ Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:6.5886956098611%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 186.15kcal (9.31%), Fat: 13.44g (20.67%), Saturated Fat: 6.58g (41.14%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.61g (4.59%), Sugar: 3.52g (3.91%), Cholesterol: 22.1mg (7.37%), Sodium: 159.78mg (6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 26.32mg (31.9%), Vitamin K: 23.25µg (22.15%), Vitamin A: 737.78IU (14.76%), Phosphorus: 87.27mg (8.73%), Vitamin B6: 0.17mg (8.56%), Vitamin B2: 0.14mg (8.47%), Calcium: 75.19mg (7.52%), Potassium: 257.38mg (7.35%), Magnesium: 17.1mg (4.27%), Fiber: 1.06g (4.24%), Folate: 15.23µg (3.81%), Vitamin B1: 0.05mg (3.58%), Manganese: 0.07mg (3.52%), Vitamin B5: 0.35mg (3.5%), Copper: 0.06mg (3.13%), Selenium: 2.17µg (3.11%), Vitamin E: 0.46mg (3.08%), Vitamin B3: 0.57mg (2.84%),

Zinc: 0.39mg (2.63%), Iron: 0.42mg (2.35%), Vitamin B12: 0.12µg (2.02%)