



French Onion Scalloped Potatoes



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

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

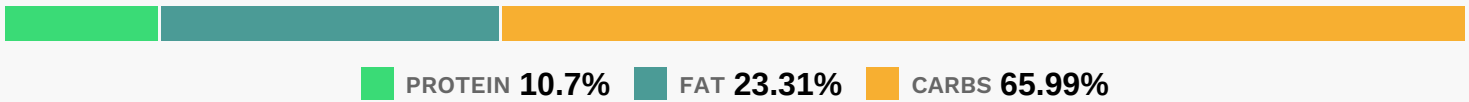
Equipment

- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F.
- ☐ 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:28.53, Glycemic Load:8.42, Inflammation Score:-5, Nutrition Score:5.9752173577638%

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: 71.87kcal (3.59%), Fat: 1.9g (2.92%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 10.81g (3.93%), Sugar: 1.48g (1.64%), Cholesterol: 0.92mg (0.31%), Sodium: 99.95mg (4.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin C: 25.77mg (31.24%), Vitamin K: 22.54µg (21.46%), Vitamin A: 523.61IU (10.47%), Vitamin B6: 0.15mg (7.57%), Vitamin B1: 0.11mg (7.07%), Folate: 25.62µg (6.41%), Manganese: 0.12mg (6.08%), Potassium: 189.13mg (5.4%), Fiber: 1.28g (5.11%), Vitamin B3: 0.98mg (4.91%), Selenium: 3.08µg (4.4%), Iron: 0.78mg (4.34%), Vitamin B2: 0.07mg (4.06%), Phosphorus: 40.21mg (4.02%), Copper: 0.07mg (3.61%), Magnesium: 14.23mg (3.56%), Vitamin E: 0.33mg (2.21%), Vitamin B5: 0.21mg (2.08%),

Zinc: 0.26mg (1.75%), Calcium: 15.61mg (1.56%)