



## Good Scalloped Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

### Ingredients

- 1 cup cheddar cheese grated
- 10.8 ounce cream of mushroom soup canned
- 5 ounce evaporated milk canned
- 1 tablespoon olive oil
- 1 small onion chopped
- 6 potatoes peeled cut into 1/2-inch rounds

### Equipment

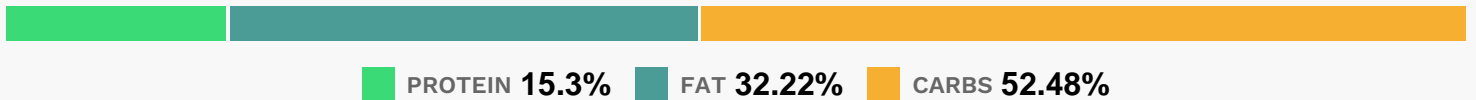
- bowl

- frying pan
- oven
- pot
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until slightly tender, about 5 minutes.
- Drain.
- Heat olive oil in a skillet over medium heat; cook and stir onion until lightly browned and tender, 10 to 15 minutes.
- Mix onion, cream of mushroom soup, Cheddar cheese, and evaporated milk in a bowl. Arrange potatoes in a 9x13-inch casserole dish.
- Pour sauce over potatoes.
- Bake in the preheated oven until potatoes are tender and sauce is bubbling, 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.22, Glycemic Load:20.7, Inflammation Score:-5, Nutrition Score:11.890434801579%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 246.77kcal (12.34%), Fat: 8.96g (13.78%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 29.09g (10.58%), Sugar: 3.44g (3.83%), Cholesterol: 21.17mg (7.06%), Sodium: 391.22mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.15%), Vitamin C: 32.45mg (39.34%), Vitamin B6: 0.52mg (25.78%), Potassium: 797.9mg (22.8%), Phosphorus: 205.3mg (20.53%), Manganese: 0.37mg (18.62%), Calcium: 168.83mg (16.88%), Fiber: 3.74g (14.96%), Copper: 0.26mg (12.98%), Magnesium: 48.35mg (12.09%),

Vitamin B2: 0.19mg (11.45%), Vitamin B3: 2.08mg (10.39%), Zinc: 1.55mg (10.35%), Vitamin B1: 0.15mg (10.12%), Iron: 1.6mg (8.87%), Folate: 34.27µg (8.57%), Vitamin B5: 0.73mg (7.27%), Selenium: 4.93µg (7.04%), Vitamin K: 4.57µg (4.35%), Vitamin B12: 0.24µg (3.98%), Vitamin A: 187.25IU (3.74%), Vitamin E: 0.4mg (2.69%)