

Healthier Creamy Au Gratin Potatoes

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 cups milk 1% low-fat
- ☐ 1.5 cups cheddar cheese shredded reduced-fat
- ☐ 1 onion sliced into rings
- ☐ 4 russet potatoes sliced into 1/4 inch slices
- ☐ 0.5 teaspoon salt

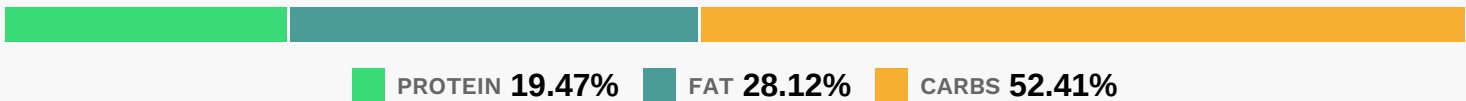
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly butter a 1-quart baking dish.
- ☐ Layer half the potatoes into the bottom of prepared baking dish. Top with onion slices and add remaining potatoes. Season with salt and pepper.
- ☐ Melt butter over medium heat in a saucepan.
- ☐ Mix in flour and salt, stirring constantly with a whisk, for one minute. Stir in milk. Cook until mixture has thickened.
- ☐ Add Cheddar cheese and continue stirring until melted, 30 to 60 seconds.
- ☐ Pour cheese sauce over potatoes and cover dish with aluminum foil.
- ☐ Bake in the preheated oven until cheese sauce is bubbling and potatoes are tender, about 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:35.17, Inflammation Score:-7, Nutrition Score:18.082174010899%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 407.29kcal (20.36%), Fat: 12.88g (19.82%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 54.02g (18.01%), Net Carbohydrates: 50.55g (18.38%), Sugar: 8.59g (9.54%), Cholesterol: 37.37mg (12.46%), Sodium: 675.48mg (29.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.15%), Phosphorus: 462.88mg (46.29%), Vitamin B6: 0.86mg (43.09%), Calcium: 362.87mg (36.29%), Potassium: 1156.22mg (33.03%), Vitamin B2: 0.38mg (22.29%), Manganese: 0.44mg (22.14%), Vitamin B1: 0.32mg (21.44%), Magnesium: 74.79mg (18.7%), Selenium: 12.37µg (17.67%), Vitamin C: 14.18mg (17.18%), Vitamin B12: 0.95µg (15.75%), Vitamin B3: 2.86mg (14.29%), Folate: 56.7µg (14.17%), Fiber: 3.47g (13.89%), Iron: 2.44mg (13.58%), Zinc: 2.01mg (13.39%), Copper: 0.25mg (12.65%), Vitamin B5: 1.23mg (12.26%), Vitamin A: 584.62IU (11.69%), Vitamin D: 1.34µg (8.94%), Vitamin K: 5.24µg (4.99%), Vitamin E: 0.33mg (2.17%)