



Herbed Scalloped Potatoes and Onions

READY IN



140 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon parsley dried
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1.8 cups chicken broth low-sodium
- ☐ 2 tablespoons mayonnaise
- ☐ 0.8 cup onion chopped

- ☐ 5 large potatoes peeled thinly sliced
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 0.8 teaspoon salt

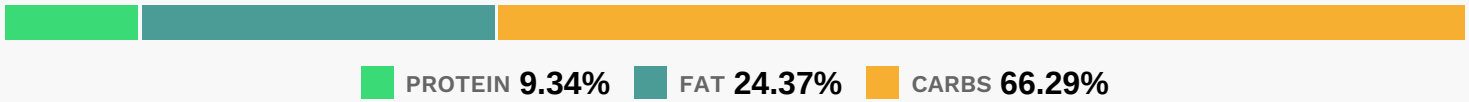
Equipment

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

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 2 1/2-quart baking dish.
- ☐ Layer potatoes and onion in prepared baking dish.
- ☐ Melt butter in a saucepan over medium heat; stir in flour until smooth. Gradually add broth, mayonnaise, garlic, salt, parsley, poultry seasoning, and pepper; cook and stir until thick and bubbly, about 2 minutes.
- ☐ Pour mayonnaise mixture over potatoes and onion. Cover baking dish with aluminum foil.
- ☐ Bake in preheated oven until potatoes are tender, about 1 hour 45 minutes.
- ☐ Remove foil and continue to bake until golden brown, about 15 minutes more.
- ☐ Sprinkle with chives to serve.

Nutrition Facts



Properties

Glycemic Index:65.46, Glycemic Load:42.74, Inflammation Score:-7, Nutrition Score:18.249565396458%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 359.03kcal (17.95%), Fat: 9.95g (15.31%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 60.91g (20.3%), Net Carbohydrates: 53.58g (19.48%), Sugar: 3.42g (3.81%), Cholesterol: 17.01mg (5.67%), Sodium: 405.6mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Vitamin C: 63.35mg (76.79%), Vitamin B6: 0.96mg (47.84%), Potassium: 1401.4mg (40.04%), Fiber: 7.33g (29.32%), Manganese: 0.57mg (28.36%), Vitamin B3: 4.54mg (22.69%), Phosphorus: 212.73mg (21.27%), Vitamin B1: 0.3mg (20.03%), Copper: 0.39mg (19.53%), Magnesium: 75.98mg (18.99%), Vitamin K: 18.4µg (17.52%), Folate: 64.88µg (16.22%), Iron: 2.92mg (16.21%), Vitamin B5: 0.99mg (9.85%), Vitamin B2: 0.16mg (9.22%), Zinc: 1.07mg (7.13%), Vitamin A: 259.66IU (5.19%), Calcium: 51.67mg (5.17%), Selenium: 3.13µg (4.47%), Vitamin E: 0.36mg (2.4%), Vitamin B12: 0.09µg (1.44%)