

# Home-Style Scalloped Potatoes

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

## Ingredients

- 5 tablespoons butter
- 5 tablespoons flour all-purpose
- 5 cups milk
- 0.3 cup onion chopped
- 0.5 teaspoon pepper
- 6 cups potatoes thinly sliced
- 1.3 teaspoons salt

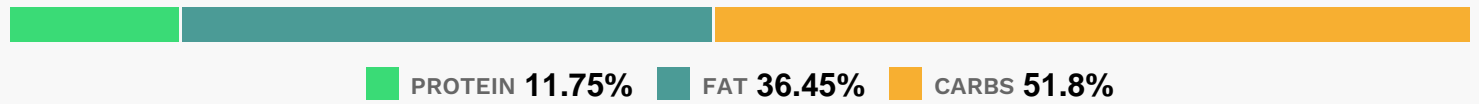
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350°. In a large saucepan, saute onion in butter until tender. Stir in flour, salt and pepper until blended. Gradually add milk. Bring to a boil; cook and stir 2 minutes or until sauce is thickened.
- Place half of potatoes in a greased 3-qt. baking dish.
- Pour half of sauce over potatoes. Repeat layers.
- Bake, uncovered, 60-70 minutes or until potatoes are tender and top is lightly browned.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:38.22, Glycemic Load:25.59, Inflammation Score:-6, Nutrition Score:13.922608665798%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 295.56kcal (14.78%), Fat: 12.17g (18.73%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 35.19g (12.79%), Sugar: 8.87g (9.85%), Cholesterol: 37.11mg (12.37%), Sodium: 487.4mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Vitamin C: 31.52mg (38.21%), Vitamin B6: 0.57mg (28.42%), Potassium: 910.41mg (26.01%), Phosphorus: 253.09mg (25.31%), Calcium: 211.59mg (21.16%), Vitamin B2: 0.29mg (17%), Vitamin B1: 0.25mg (16.79%), Manganese: 0.3mg (15.23%), Fiber: 3.74g (14.95%), Magnesium: 56.62mg (14.16%), Vitamin B12: 0.84µg (13.97%), Vitamin D: 1.68µg (11.18%), Vitamin B5: 1.08mg (10.75%), Vitamin B3: 2.11mg (10.55%), Vitamin A: 469.68IU (9.39%), Copper: 0.18mg (9.15%), Folate: 35.33µg (8.83%), Iron: 1.48mg (8.21%), Zinc: 1.14mg (7.58%), Selenium: 5.09µg (7.27%), Vitamin K: 4.31µg (4.1%), Vitamin E: 0.3mg (2%)