



WHATSheATE



Low-Fat Scalloped Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup gruyère cheese grated
- ☐ 8 servings kosher salt
- ☐ 1 cup milk 1% low-fat at room temperature ()
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 8 servings pepper freshly ground
- ☐ 2 tablespoons butter unsalted plus more for the dish
- ☐ 1 cup milk whole at room temperature
- ☐ 3 pounds yukon gold potatoes peeled thinly sliced

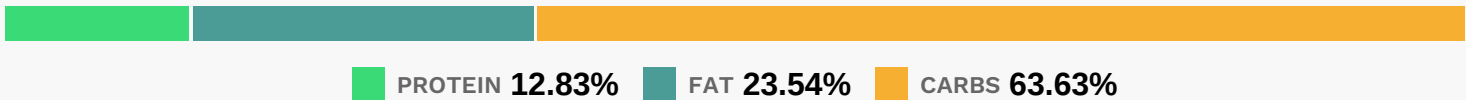
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly butter a 3-quart baking dish. Bring a large pot of salted water to a boil; add the potatoes and cook until just tender, 8 to 10 minutes.
- ☐ Drain the potatoes and return to the pot.
- ☐ Meanwhile, melt 2 tablespoons butter in a saucepan over medium heat. Stir in the flour with a wooden spoon to make a paste. Cook, stirring, until the paste puffs slightly, about 1 minute. Gradually whisk in both milks and simmer, whisking constantly, until thickened, about 3 minutes.
- ☐ Remove from the heat and whisk in 1/2 teaspoon pepper, 1 1/2 teaspoons salt and the nutmeg.
- ☐ Pour the sauce over the potatoes and gently toss to coat.
- ☐ Transfer the potato mixture to the prepared baking dish and sprinkle with the gruyere.
- ☐ Bake until heated through, about 10 minutes. Switch the oven to the broiler setting and broil the potatoes until browned on top, about 5 minutes.
- ☐ Let rest 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.34, Glycemic Load:23.35, Inflammation Score:-5, Nutrition Score:11.395217257997%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 211.5kcal (10.57%), Fat: 5.62g (8.65%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 30.38g (11.05%), Sugar: 4.3g (4.77%), Cholesterol: 17.2mg (5.73%), Sodium: 257mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin C: 33.51mg (40.62%), Vitamin B6: 0.54mg (27.14%), Potassium: 816.54mg (23.33%), Phosphorus: 186.26mg (18.63%), Fiber: 3.83g (15.32%), Manganese: 0.29mg (14.55%), Calcium: 138.56mg (13.86%), Vitamin B1: 0.19mg (12.51%), Magnesium: 48.58mg (12.15%), Vitamin B3: 1.98mg (9.88%), Copper: 0.19mg (9.55%), Vitamin B2: 0.16mg (9.41%), Iron: 1.43mg (7.97%), Folate: 31.82µg (7.95%), Vitamin B5: 0.76mg (7.6%), Vitamin B12: 0.42µg (6.94%), Zinc: 0.93mg (6.17%), Vitamin D: 0.74µg (4.91%), Vitamin A: 237.81IU (4.76%), Selenium: 2.98µg (4.26%), Vitamin K: 3.88µg (3.69%)