



No-Fail Scalloped Potatoes

READY IN



75 min.

SERVINGS



16

CALORIES



165 kcal

SIDE DISH

Ingredients

- 2 Tbsp butter melted
- 14 oz chicken broth canned
- 1 Tbsp grey poupon harvest coarse ground mustard
- 6 oz philadelphia cream cheese cubed ()
- 2 tsp parsley fresh chopped
- 1 onion chopped
- 3 Tbsp parmesan cheese grated kraft
- 1.5 lb potatoes red peeled thinly sliced (3)
- 35 ritz crackers crushed

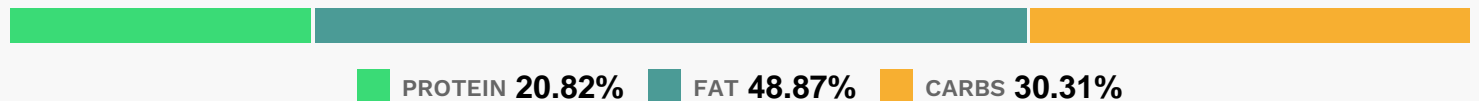
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Heat skillet on medium-high heat.
- Add onions; cook 5 to 7 min. or until crisp-tender, stirring frequently.
- Add cream cheese, broth and mustard; mix well.
- Remove from heat.
- Add potatoes; toss to coat. Spoon into 13x9-inch baking dish sprayed with cooking spray.
- Mix remaining ingredients; sprinkle over potato mixture.
- Bake 50 min. to 1 hour or until potatoes are tender.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:4.9743478900712%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 165.15kcal (8.26%), Fat: 8.99g (13.83%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.52g (4.19%), Sugar: 1.79g (1.99%), Cholesterol: 27.77mg (9.26%), Sodium: 256.9mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Phosphorus: 102.57mg (10.26%), Selenium:

6.69µg (9.56%), Potassium: 266.94mg (7.63%), Vitamin B3: 1.43mg (7.14%), Vitamin B6: 0.14mg (6.95%), Zinc: 0.91mg (6.09%), Manganese: 0.11mg (5.51%), Vitamin K: 5.7µg (5.42%), Iron: 0.97mg (5.4%), Vitamin C: 4.19mg (5.07%), Vitamin B2: 0.09mg (5.07%), Vitamin A: 243.98IU (4.88%), Vitamin B12: 0.29µg (4.79%), Vitamin B1: 0.07mg (4.75%), Magnesium: 17.78mg (4.44%), Copper: 0.08mg (4.16%), Fiber: 1.03g (4.13%), Calcium: 39.05mg (3.9%), Folate: 15.33µg (3.83%), Vitamin E: 0.45mg (3.03%), Vitamin B5: 0.22mg (2.2%)