



Old Irish Scalloped Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter cut into thin slices
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 pint half-and-half
- ☐ 6 potatoes peeled thinly sliced

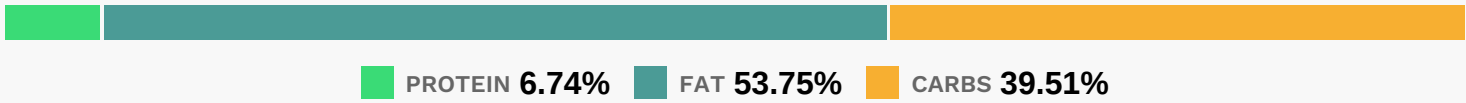
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Arrange thinly sliced potatoes in a 9x13-inch baking dish.
- ☐ Layer butter slices on top of potatoes. Season with salt and black pepper.
- ☐ Pour half-and-half evenly over potato mixture.
- ☐ Bake in preheated oven until sauce has thickened and potatoes are tender, 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:20.72, Glycemic Load:20.45, Inflammation Score:-5, Nutrition Score:10.226086989693%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 302.47kcal (15.12%), Fat: 18.45g (28.39%), Saturated Fat: 11.49g (71.83%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 26.98g (9.81%), Sugar: 3.7g (4.11%), Cholesterol: 51.2mg (17.07%), Sodium: 136.91mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin C: 32mg (38.79%), Vitamin B6: 0.5mg (25.08%), Potassium: 755.36mg (21.58%), Phosphorus: 150.81mg (15.08%), Fiber: 3.54g (14.16%), Manganese: 0.26mg (12.89%), Vitamin A: 567.67IU (11.35%), Magnesium: 43.11mg (10.78%), Vitamin B2: 0.17mg (10.05%), Vitamin B1: 0.15mg (9.76%), Copper: 0.18mg (8.96%), Vitamin B3: 1.76mg (8.78%), Calcium: 86.31mg (8.63%), Iron: 1.29mg (7.16%), Folate: 27.78µg (6.94%), Vitamin B5: 0.66mg (6.61%), Vitamin K: 4.96µg (4.72%), Zinc: 0.71mg (4.72%), Selenium: 2.52µg (3.6%), Vitamin E: 0.49mg (3.29%), Vitamin B12: 0.14µg (2.27%)