

Peppery Scalloped Potatoes

READY IN



95 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 0.1 teaspoon ground pepper
- 10 ounces cream of mushroom soup undiluted canned
- 0.3 cup flour all-purpose
- 1.5 cups milk
- 5 cups potatoes peeled thinly sliced
- 0.5 teaspoon salt

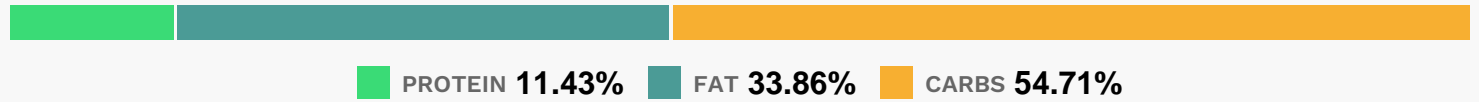
Equipment

- bowl
- oven
- baking pan

Directions

- In a small bowl, combine the soup, milk, salt and cayenne; set aside.
- Place a third of the potatoes in a greased 13-in. x 9-in. baking dish; layer with a third of the butter, flour and soup mixture. Repeat layers twice.
- Bake, uncovered, at 350° for 1 hour and 20 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:34.84, Glycemic Load:19.76, Inflammation Score:-4, Nutrition Score:9.757391323214%

Flavonoids

Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 215.31kcal (10.77%), Fat: 8.23g (12.66%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 26.84g (9.76%), Sugar: 3.24g (3.6%), Cholesterol: 22.51mg (7.5%), Sodium: 467.55mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin C: 25.88mg (31.37%), Vitamin B6: 0.43mg (21.6%), Potassium: 672.38mg (19.21%), Manganese: 0.34mg (16.83%), Phosphorus: 137.31mg (13.73%), Fiber: 3.07g (12.29%), Vitamin B1: 0.17mg (11.26%), Copper: 0.22mg (10.95%), Vitamin B3: 1.99mg (9.93%), Magnesium: 39.21mg (9.8%), Vitamin B2: 0.15mg (8.73%), Iron: 1.46mg (8.1%), Folate: 30.88µg (7.72%), Calcium: 75.86mg (7.59%), Zinc: 0.99mg (6.62%), Vitamin B5: 0.65mg (6.51%), Vitamin A: 267.02IU (5.34%), Vitamin B12: 0.32µg (5.26%), Selenium: 2.66µg (3.8%), Vitamin D: 0.5µg (3.36%), Vitamin K: 3.16µg (3.01%), Vitamin E: 0.21mg (1.41%)