



Potatoes au Gratin

READY IN



95 min.

SERVINGS



35

CALORIES



73 kcal

SIDE DISH

Ingredients

- 6 cups baking potatoes peeled thinly sliced (6 to 8 potatoes)
- 0.3 cup butter
- 0.5 tsp mustard dry
- 0.3 cup flour
- 2.5 cups milk
- 2 Tbsp onions chopped
- 0.3 tsp pepper
- 8 oz cheddar cheese shredded divided kraft

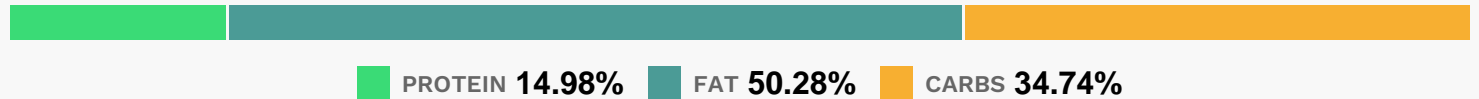
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F.
- Melt butter in medium saucepan on medium heat. Blend in flour, mustard and pepper; cook and stir 1 min. Gradually add milk, stirring until well blended; cook 3 to 5 min. until thickened, stirring constantly.
- Add 1-1/2 cups cheese and onions; cook 2 to 3 min. until cheese is melted, stirring frequently.
- Layer potatoes and cheese sauce alternately in 2-qt. casserole sprayed with cooking spray, ending with cheese sauce.
- Bake 1-1/4 hours or until potatoes are tender.
- Sprinkle with remaining cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:4.51, Inflammation Score:-2, Nutrition Score:2.6586956692779%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 72.53kcal (3.63%), Fat: 4.11g (6.32%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 6.01g (2.19%), Sugar: 1.05g (1.16%), Cholesterol: 8.57mg (2.86%), Sodium: 65.62mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Calcium: 71.48mg (7.15%), Phosphorus: 63.19mg (6.32%), Vitamin B6: 0.11mg (5.26%), Potassium: 141.23mg (4.04%), Vitamin B2: 0.07mg (3.9%), Selenium: 2.63µg (3.76%), Vitamin A: 151.52IU (3.03%), Vitamin B12: 0.16µg (2.74%), Vitamin B1: 0.04mg (2.69%), Zinc: 0.39mg (2.62%), Manganese: 0.05mg (2.55%), Magnesium: 10.19mg (2.55%), Vitamin C: 1.51mg (1.83%), Vitamin B5: 0.18mg (1.76%), Vitamin B3: 0.34mg (1.72%), Folate: 6.77µg (1.69%), Iron: 0.28mg (1.55%), Vitamin D: 0.23µg (1.54%), Copper:

0.03mg (1.53%), Fiber: 0.38g (1.5%)