



Poutine Style Scalloped Potatoes

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 3 cups gravy
- ☐ 8 potatoes sliced
- ☐ 1 teaspoon seasoning blend salt-free no salt added to taste vegetable seasoning® (such as Club House)
- ☐ 3 cups mozzarella cheese shredded

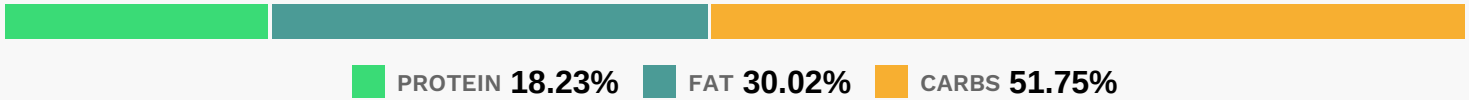
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 16x16-inch baking dish.
- ☐ Spread 1/3 of sliced potatoes in the prepared baking dish.
- ☐ Sprinkle potatoes with 1/3 of seasoning mix; top with 1/3 the mozzarella cheese. Continue layering with remaining potatoes, seasoning, and cheese.
- ☐ Pour gravy evenly over potato mixture to cover.
- ☐ Bake in the preheated oven until casserole is bubbly and potatoes are tender, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:36.66, Inflammation Score:-6, Nutrition Score:20.08869546911%

Flavonoids

Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 438.42kcal (21.92%), Fat: 14.8g (22.77%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 57.4g (19.13%), Net Carbohydrates: 50.8g (18.47%), Sugar: 4.82g (5.36%), Cholesterol: 53.68mg (17.89%), Sodium: 908.81mg (39.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Vitamin C: 55.97mg (67.84%), Vitamin B6: 0.87mg (43.35%), Phosphorus: 361.34mg (36.13%), Potassium: 1248.55mg (35.67%), Calcium: 330mg (33%), Fiber: 6.6g (26.39%), Manganese: 0.49mg (24.62%), Vitamin B12: 1.28µg (21.28%), Magnesium: 78.74mg (19.68%), Zinc: 2.48mg (16.54%), Vitamin B1: 0.25mg (16.36%), Copper: 0.32mg (15.9%), Vitamin B3: 3.09mg (15.45%), Iron: 2.76mg (15.36%), Vitamin B2: 0.25mg (14.92%), Selenium: 10.41µg (14.87%), Folate: 51.31µg (12.83%), Vitamin K: 11.79µg (11.23%), Vitamin B5: 0.93mg (9.27%), Vitamin A: 398.21IU (7.96%), Vitamin E: 0.28mg (1.9%), Vitamin D: 0.22µg (1.49%)