



## Really Good Scalloped Potatoes

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



476 kcal

SIDE DISH

### Ingredients

- 6 large baking potatoes peeled thinly sliced
- 2 stalks celery thinly sliced
- 10.8 ounce condensed cheddar cheese soup canned
- 1 tablespoon chicken soup base
- 2 tablespoons herb and garlic cream cheese spread flavored
- 3 cloves garlic minced
- 2 tablespoons garlic powder
- 2 cups half-and-half cream

- 2 tablespoons ground mustard
- 2 tablespoons dehydrated onion flakes
- 0.5 cup parmesan cheese grated
- 8 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded

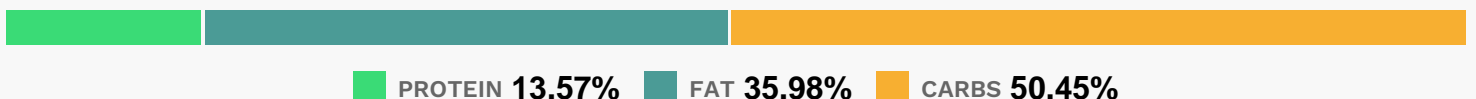
## Equipment

- bowl
- oven
- baking pan
- aluminum foil
- butter knife

## Directions

- Preheat the oven to 350 degrees F (175 degrees F).
- In a large bowl, stir together the Cheddar cheese soup, half-and-half, cream cheese, onion flakes, garlic powder, mustard powder, chicken bouillon granules, salt and pepper. It will be slightly lumpy.
- Grease a 9x13 inch baking dish, and layer 1/3 of the potato slices over the bottom so that they overlap slightly.
- Sprinkle half of the garlic and celery over this layer. Repeat layers ending with potatoes on top.
- Pour the cheese soup mixture evenly over the whole dish. Cover tightly with aluminum foil.
- Bake for 45 minutes in the preheated oven.
- Remove from the oven, and sprinkle Cheddar and Parmesan cheeses over the top. Return to the oven uncovered, and bake for 20 more minutes, or until a butter knife can easily be inserted into the potatoes.

## Nutrition Facts



## Properties

Glycemic Index:22.34, Glycemic Load:39.69, Inflammation Score:-7, Nutrition Score:19.313912930696%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 476.12kcal (23.81%), Fat: 19.43g (29.89%), Saturated Fat: 10.61g (66.29%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 56.71g (20.62%), Sugar: 5.79g (6.43%), Cholesterol: 52.53mg (17.51%), Sodium: 866.81mg (37.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.97%), Vitamin B6: 1.09mg (54.34%), Potassium: 1523.44mg (43.53%), Phosphorus: 378.07mg (37.81%), Calcium: 334.72mg (33.47%), Manganese: 0.55mg (27.64%), Selenium: 15.78µg (22.55%), Magnesium: 88.51mg (22.13%), Vitamin C: 18.07mg (21.91%), Vitamin B2: 0.34mg (20.12%), Vitamin B1: 0.29mg (19.13%), Fiber: 4.59g (18.38%), Copper: 0.33mg (16.71%), Iron: 2.81mg (15.63%), Vitamin B3: 3.11mg (15.56%), Zinc: 2.3mg (15.36%), Folate: 55.07µg (13.77%), Vitamin A: 682.6IU (13.65%), Vitamin B5: 1.2mg (11.97%), Vitamin K: 9.48µg (9.03%), Vitamin B12: 0.43µg (7.1%), Vitamin E: 0.5mg (3.37%), Vitamin D: 0.16µg (1.06%)