

Savory Garlic Scalloped Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



148 kcal

SIDE DISH

Ingredients

- 8 oz triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 14.5 oz chicken broth canned
- 8 oz philadelphia cream cheese spread
- 1 Tbsp parsley fresh chopped
- 1 tsp garlic powder
- 2 Tbsp milk
- 1 onion chopped
- 2 lb potatoes red peeled thinly sliced (6)

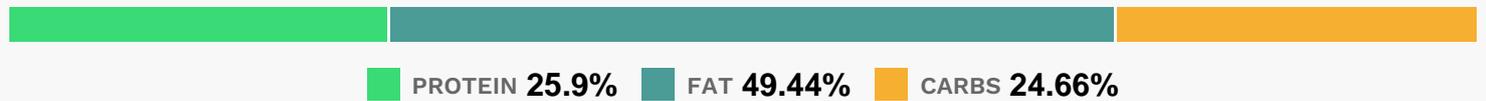
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Mix cream cheese spread, milk and garlic powder until blended. Cook onions in large nonstick skillet on medium heat 5 to 7 min. or until crisp-tender, stirring frequently.
- Add cream cheese mixture, broth, 1 cup cheddar and parsley; mix well.
- Remove from heat. Gently stir in potatoes.
- Spoon into 13x9-inch baking dish sprayed with cooking spray.
- Bake 45 min. Top with remaining cheddar; bake 10 to 15 min. or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:4.9904347632242%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 147.85kcal (7.39%), Fat: 8.1g (12.46%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.28g (1.43%), Cholesterol: 28.83mg (9.61%), Sodium: 235mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.09%), Phosphorus: 114.91mg (11.49%), Calcium: 104.69mg (10.47%), Selenium: 7.31µg (10.44%), Potassium: 259.74mg (7.42%), Zinc: 1.1mg (7.35%), Vitamin B6: 0.13mg (6.71%), Vitamin A: 279.45IU (5.59%), Vitamin B12: 0.33µg (5.56%), Vitamin C: 4.56mg (5.53%), Vitamin B2: 0.09mg (5.21%), Vitamin B3: 1.03mg (5.16%), Vitamin K: 5.2µg (4.96%), Magnesium: 17.89mg (4.47%), Copper: 0.08mg (3.9%),

Manganese: 0.07mg (3.7%), Iron: 0.65mg (3.6%), Fiber: 0.88g (3.54%), Folate: 12.36µg (3.09%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.16mg (1.06%)