



Scalloped Cheese Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pounds potatoes peeled thinly sliced
- 20 ounces cream of mushroom soup undiluted canned
- 0.3 cup butter divided
- 2 cups sharp cheddar cheese shredded divided

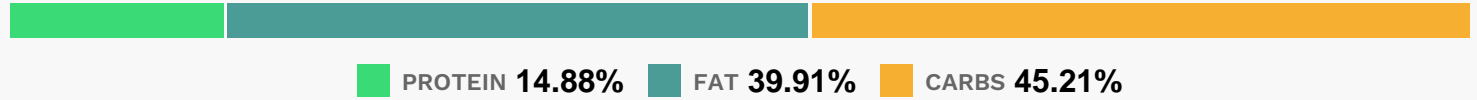
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine potatoes and soup.
- Layer half of the mixture in a greased 13-in. x 9-in. baking dish. Dot with half of the butter and sprinkle with half of the cheese. Repeat layers.
- Bake, uncovered, at 350° for 60–70 minutes or until the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:19.46, Inflammation Score:-5, Nutrition Score:11.242608567943%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 255.99kcal (12.8%), Fat: 11.51g (17.71%), Saturated Fat: 6.65g (41.58%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 25.91g (9.42%), Sugar: 1.24g (1.38%), Cholesterol: 31.36mg (10.45%), Sodium: 497.65mg (21.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.31%), Vitamin C: 29.79mg (36.1%), Vitamin B6: 0.48mg (23.9%), Potassium: 711.71mg (20.33%), Manganese: 0.38mg (18.75%), Phosphorus: 187.28mg (18.73%), Calcium: 154.32mg (15.43%), Fiber: 3.42g (13.68%), Copper: 0.26mg (13.2%), Zinc: 1.65mg (11.02%), Magnesium: 43.26mg (10.82%), Vitamin B3: 2.03mg (10.15%), Vitamin B2: 0.16mg (9.49%), Vitamin B1: 0.14mg (9.07%), Iron: 1.54mg (8.56%), Selenium: 5.83µg (8.33%), Folate: 31.6µg (7.9%), Vitamin A: 309.92IU (6.2%), Vitamin B5: 0.62mg (6.2%), Vitamin B12: 0.28µg (4.72%), Vitamin K: 3.66µg (3.48%), Vitamin E: 0.27mg (1.77%)