



Scalloped Potato-Onion Bake

 **Gluten Free**

READY IN



85 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter cut into small pieces
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- 1 dash ground pepper black
- 0.5 cup milk
- 1 small onion thinly sliced
- 6 servings paprika
- 4 medium potatoes thinly sliced

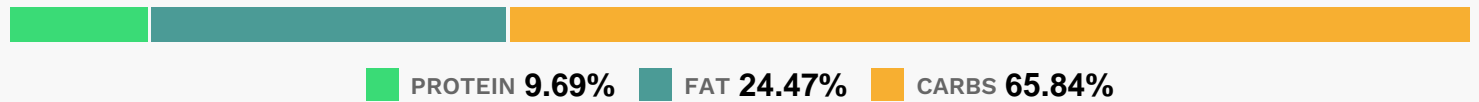
Equipment

- bowl
- oven
- baking pan

Directions

- Stir the soup, milk and black pepper in a small bowl.
- Layer half the potatoes, onion and soup mixture in a 1 1/2-quart casserole. Repeat the layers. Dot the top with the butter.
- Sprinkle with the paprika. Cover the baking dish.
- Bake at 400 degrees F for 1 hour. Uncover the dish and bake for 15 minutes or until the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:40.96, Glycemic Load:18.82, Inflammation Score:-8, Nutrition Score:11.690434787584%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 185.19kcal (9.26%), Fat: 5.21g (8.01%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 27.18g (9.88%), Sugar: 3.47g (3.86%), Cholesterol: 13.04mg (4.35%), Sodium: 295.17mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin C: 28.96mg (35.1%), Vitamin B6: 0.49mg (24.67%), Vitamin A: 1222.73IU (24.45%), Potassium: 741.51mg (21.19%), Manganese: 0.37mg (18.43%), Fiber: 4.33g (17.32%), Phosphorus: 126.96mg (12.7%), Vitamin K: 13.34µg (12.7%), Copper: 0.23mg (11.5%), Magnesium: 42.44mg (10.61%), Vitamin B5: 1.03mg (10.31%), Iron: 1.81mg (10.06%), Vitamin B1: 0.15mg (9.92%), Vitamin B3: 1.87mg (9.34%), Vitamin E: 1.37mg (9.13%), Vitamin B2: 0.12mg (7.17%), Folate: 27.01µg (6.75%), Calcium: 66.2mg (6.62%), Zinc: 0.66mg (4.43%), Selenium: 1.94µg (2.76%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.22µg (1.49%)