



 **61%**
HEALTH SCORE

Scalloped Potatoes

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



2134 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black
- 0.3 cup butter
- 14 oz chicken broth fat-free reduced-sodium canned
- 0.3 cup flour
- 1 green onion sliced
- 8 oz italian* five cheese shredded with a touch of philadelphia, divided kraft
- 1 small onion finely chopped
- 2 Tbsp parmesan cheese grated kraft

2.5 lb potatoes red thinly sliced (8)

Equipment

frying pan

oven

Directions

Heat oven to 375F.

Melt butter in large nonstick skillet on medium heat.

Add onions; cook 8 min. or until tender, stirring frequently. Blend in flour; cook and stir 1 min. Gradually stir in broth; cook 5 min. or until thickened, stirring constantly.

Add 1 cup shredded cheese and pepper; cook and stir 1 min. or until cheese is melted.

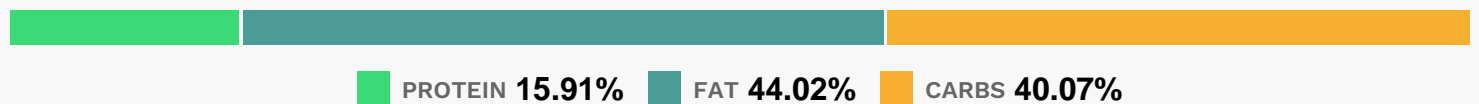
Remove from heat.

Layer potatoes alternately with cheese sauce in 2-qt. casserole sprayed with cooking spray, ending with sauce. Top with remaining shredded cheese and Parmesan; cover.

Bake 1-1/2 hours or until potatoes are tender and top is golden brown, uncovering for the last 15 min.

Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:216, Glycemic Load:18.96, Inflammation Score:-10, Nutrition Score:59.758696020945%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 22.86mg, Quercetin: 22.86mg, Quercetin: 22.86mg, Quercetin: 22.86mg

Nutrients (% of daily need)

Calories: 2133.52kcal (106.68%), Fat: 108.2g (166.46%), Saturated Fat: 40.28g (251.73%), Carbohydrates: 221.66g (73.89%), Net Carbohydrates: 199.91g (72.69%), Sugar: 18.6g (20.67%), Cholesterol: 176.07mg (58.69%), Sodium: 2803.67mg (121.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.99g (175.97%), Potassium: 5486.1mg (156.75%), Vitamin C: 104.96mg (127.22%), Vitamin B6: 2.1mg (104.98%), Manganese: 2.04mg (101.87%), Phosphorus: 871.69mg (87.17%), Fiber: 21.75g (87%), Vitamin B3: 17.27mg (86.35%), Copper: 1.69mg (84.39%), Vitamin B1: 1.24mg (82.43%), Folate: 288.64µg (72.16%), Calcium: 716.53mg (71.65%), Magnesium: 275.21mg (68.8%), Vitamin K: 63.06µg (60.06%), Iron: 10.71mg (59.52%), Selenium: 29.51µg (42.16%), Vitamin B5: 3.97mg (39.74%), Vitamin B2: 0.67mg (39.56%), Vitamin A: 1707.84IU (34.16%), Zinc: 4.7mg (31.31%), Vitamin B12: 1.03µg (17.09%), Vitamin E: 1.58mg (10.57%)