



Scalloped Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baking potatoes peeled thinly sliced
- ☐ 0.3 cup breadcrumbs french homemade ()
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 green onions chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 cups milk
- ☐ 2 ounce pimientos diced drained

- ☐ 8 ounces provolone cheese shredded
- ☐ 0.8 teaspoon salt

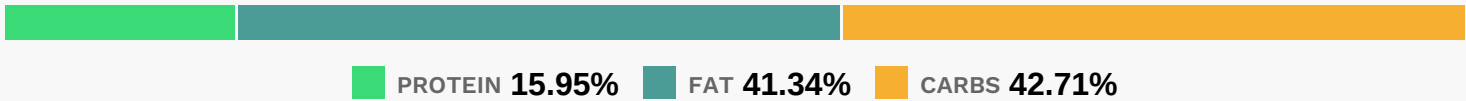
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt butter in a medium saucepan over low heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in milk; cook over medium heat whisking constantly, until sauce is thickened and bubbly. Stir in green pepper and next 4 ingredients.
- ☐ Layer half of potatoes in a lightly greased 13" x 9" baking dish. Spoon half of sauce over potatoes; top with half of cheese. Repeat procedure with remaining potato slices, sauce, and cheese.
- ☐ Bake, covered, at 425 for 30 minutes. Uncover and sprinkle with breadcrumbs.
- ☐ Bake 15 more minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:38.97, Glycemic Load:23.74, Inflammation Score:-7, Nutrition Score:14.379565093828%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 335.46kcal (16.77%), Fat: 15.64g (24.06%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 33.83g (12.3%), Sugar: 4.72g (5.24%), Cholesterol: 26.88mg (8.96%), Sodium: 556.17mg

(24.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Calcium: 322.31mg (32.23%), Phosphorus: 297.41mg (29.74%), Vitamin B6: 0.59mg (29.46%), Vitamin C: 21.03mg (25.49%), Potassium: 770.6mg (22.02%), Vitamin A: 844.51IU (16.89%), Vitamin B2: 0.27mg (15.97%), Manganese: 0.32mg (15.9%), Vitamin B1: 0.24mg (15.82%), Magnesium: 52.65mg (13.16%), Vitamin B12: 0.77µg (12.77%), Selenium: 8.33µg (11.9%), Zinc: 1.71mg (11.38%), Iron: 1.99mg (11.04%), Vitamin B3: 2.21mg (11.03%), Vitamin K: 11.06µg (10.53%), Fiber: 2.51g (10.05%), Folate: 37.76µg (9.44%), Copper: 0.18mg (9.13%), Vitamin B5: 0.85mg (8.46%), Vitamin D: 0.81µg (5.42%), Vitamin E: 0.43mg (2.9%)