



Scalloped Potatoes



Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cheddar cheese cubed
- ☐ 1 cup cornflakes cereal crumbs
- ☐ 1 cup milk
- ☐ 5 potatoes peeled sliced
- ☐ 2 teaspoons cooking sherry

Equipment

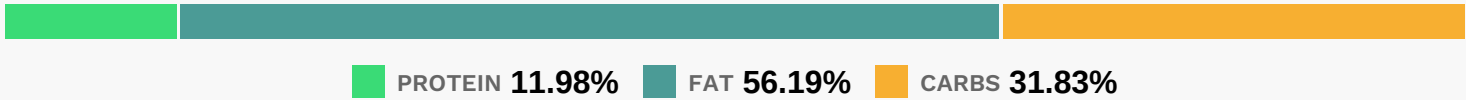
- ☐ oven

- ☐ pot
- ☐ casserole dish
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender, about 15 minutes.
- ☐ Drain and place in a 2 quart casserole dish.
- ☐ In a microwave safe dish combine cheese, butter and milk. Microwave until cheese and butter melt; stir in the sherry.
- ☐ Pour cheese mixture over potatoes and sprinkle cornflakes crumbs on top.
- ☐ Bake in preheated oven for 15 to 30 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:23.68, Inflammation Score:-7, Nutrition Score:17.184347691743%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 468.96kcal (23.45%), Fat: 29.67g (45.65%), Saturated Fat: 17.79g (111.18%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 33.75g (12.27%), Sugar: 3.94g (4.37%), Cholesterol: 83.35mg (27.78%), Sodium: 429.05mg (18.65%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 14.24g (28.48%), Vitamin C: 35.95mg (43.57%), Calcium: 343.48mg (34.35%), Vitamin B6: 0.66mg (32.97%), Phosphorus: 324.97mg (32.5%), Potassium: 850.94mg (24.31%), Vitamin B2: 0.36mg (21.01%), Vitamin A: 1004.25IU (20.09%), Selenium: 12.58µg (17.97%), Fiber: 4.06g (16.24%), Vitamin B1: 0.24mg (15.95%), Iron: 2.8mg (15.57%), Vitamin B12: 0.89µg (14.76%), Magnesium:

58.28mg (14.57%), Manganese: 0.29mg (14.34%), Zinc: 2.13mg (14.23%), Vitamin B3: 2.78mg (13.89%), Folate: 53.58µg (13.4%), Copper: 0.21mg (10.69%), Vitamin B5: 0.87mg (8.65%), Vitamin D: 0.84µg (5.61%), Vitamin K: 5.73µg (5.46%), Vitamin E: 0.77mg (5.11%)