



Scalloped Potatoes and Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 cups leek thinly sliced
- ☐ 1.7 cups milk 1% low-fat
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 1.8 pounds potatoes red yellow peeled cut into 1/8-inch slices
- ☐ 0.8 teaspoon salt

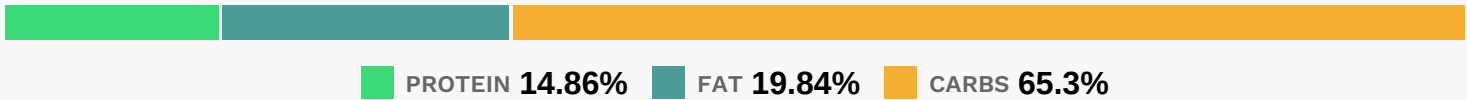
Equipment

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

Directions

- ☐ Melt margarine in a medium saucepan over medium heat.
- ☐ Add leek and garlic; stir well. Cover and cook 5 minutes or until the leek is tender.
- ☐ Remove from heat; set aside.
- ☐ Arrange one-third of potato slices in an 11 x 7-inch baking dish coated with cooking spray; top with half of leek mixture. Repeat layers, ending with potato slices.
- ☐ Combine milk, salt, pepper, nutmeg, and egg in a bowl; stir well with a wire whisk.
- ☐ Pour over potato mixture.
- ☐ Bake, uncovered, at 425 for 30 minutes.
- ☐ Sprinkle cheese over potato mixture, and bake for an additional 15 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:11.60826092181%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 175.09kcal (8.75%), Fat: 3.96g (6.1%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 26.5g (9.64%), Sugar: 6.17g (6.85%), Cholesterol: 32.01mg (10.67%), Sodium: 407.78mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.35%), Potassium: 779.08mg (22.26%), Phosphorus: 185.98mg (18.6%), Vitamin C: 15.26mg (18.49%), Manganese: 0.36mg (18.2%), Vitamin B6: 0.36mg (18%), Vitamin K: 18.05µg (17.19%), Vitamin A: 770.36IU (15.41%), Calcium: 135.31mg (13.53%), Folate: 47.76µg (11.94%), Magnesium: 47.29mg (11.82%), Fiber: 2.83g (11.34%), Vitamin B1: 0.17mg (11.21%), Copper: 0.22mg (11.21%), Vitamin B2: 0.18mg (10.77%), Iron: 1.75mg (9.74%), Vitamin B3: 1.73mg (8.64%), Vitamin B12: 0.49µg (8.17%), Vitamin B5: 0.77mg (7.74%), Selenium: 5.32µg (7.6%), Zinc: 0.94mg (6.23%), Vitamin D: 0.88µg (5.84%), Vitamin E: 0.46mg (3.06%)