



## Scalloped Potatoes and Onions

 Vegetarian

READY IN



125 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

### Ingredients

- 5 large potatoes peeled thinly sliced
- 0.8 cup onion chopped
- 3 tablespoons butter
- 0.3 cup flour all-purpose
- 1.8 cups chicken broth
- 2 tablespoons mayonnaise
- 0.8 teaspoon salt
- 0.1 teaspoon pepper

1 serving paprika

## Equipment

sauce pan

oven

baking pan

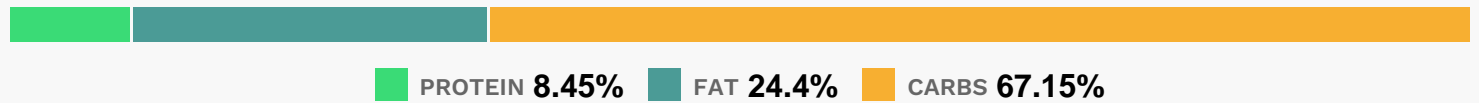
## Directions

In a greased 2-1/2-qt. baking dish, layer potatoes and onion. In a saucepan, melt the butter; stir in flour until smooth. Gradually add broth, mayonnaise, salt and pepper; cook and stir for 2 minutes or until thick and bubbly.

Pour over potatoes.

Sprinkle with paprika. Cover and bake at 325&deg; for 2 hours or until tender.

## Nutrition Facts



## Properties

Glycemic Index:55.46, Glycemic Load:42.64, Inflammation Score:-7, Nutrition Score:17.725652261759%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

## Nutrients (% of daily need)

Calories: 350.81kcal (17.54%), Fat: 9.7g (14.93%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 60.1g (20.03%), Net Carbohydrates: 52.73g (19.17%), Sugar: 3.62g (4.02%), Cholesterol: 18.38mg (6.13%), Sodium: 639.21mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.13%), Vitamin C: 62.06mg (75.22%), Vitamin B6: 0.94mg (47.06%), Potassium: 1352.51mg (38.64%), Fiber: 7.37g (29.49%), Manganese: 0.57mg (28.75%), Vitamin B1: 0.31mg (20.83%), Phosphorus: 193.21mg (19.32%), Magnesium: 75.42mg (18.85%), Vitamin B3: 3.76mg (18.79%), Copper: 0.36mg (18.09%), Folate: 63.15µg (15.79%), Iron: 2.82mg (15.66%), Vitamin K: 14.37µg (13.69%), Vitamin B2: 0.18mg (10.44%), Vitamin B5: 0.99mg (9.88%), Vitamin A: 350.29IU (7.01%), Zinc: 1.04mg (6.93%), Calcium: 48.2mg (4.82%), Selenium: 3.26µg (4.66%), Vitamin E: 0.48mg (3.19%)