



## Scalloped Potatoes I

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

### Ingredients

- 4 large baking potatoes scrubbed
- 6 servings pepper black freshly ground
- 10.8 ounce condensed cream of cheddar cheese soup canned
- 0.5 cup onion chopped
- 0.5 cup cheddar cheese shredded

### Equipment

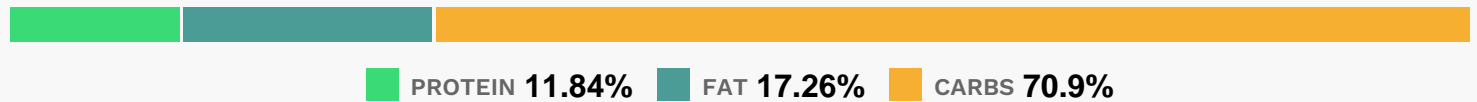
- oven
- mixing bowl

casserole dish

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a large casserole dish.
- In a medium mixing bowl combine the Cheddar cheese soup, onions and black pepper.
- Slice the potato into 1/4 inch slices. Arrange one layer of sliced potatoes in the bottom of the casserole dish. Spoon one layer of soup over the potatoes. Arrange another layer of potatoes and then more soup. Continue layering until all of the ingredients have been used.
- Sprinkle the Cheddar cheese over the top of the casserole.
- Bake until the cheese is bubbly and the potatoes fully cooked; approximately 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:28.46, Glycemic Load:35.31, Inflammation Score:-5, Nutrition Score:12.309565157994%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 279.49kcal (13.97%), Fat: 5.46g (8.4%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 46.64g (16.96%), Sugar: 2.94g (3.27%), Cholesterol: 11.45mg (3.82%), Sodium: 340.59mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.87%), Vitamin B6: 0.87mg (43.57%), Potassium: 1283.45mg (36.67%), Manganese: 0.42mg (20.86%), Phosphorus: 182.45mg (18.25%), Vitamin C: 15.01mg (18.19%), Fiber: 3.86g (15.43%), Magnesium: 60.63mg (15.16%), Vitamin B1: 0.21mg (14.05%), Copper: 0.26mg (13.15%), Vitamin B3: 2.57mg (12.84%), Iron: 2.17mg (12.05%), Calcium: 118.32mg (11.83%), Folate: 38.97µg (9.74%), Vitamin B5: 0.8mg (7.97%), Vitamin B2: 0.13mg (7.44%), Zinc: 1.08mg (7.22%), Vitamin A: 302.32IU (6.05%), Selenium: 3.72µg (5.31%), Vitamin K: 4.87µg (4.64%), Vitamin B12: 0.1µg (1.66%)