



Scalloped Potatoes II

 Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter diced
- 9 tablespoons flour all-purpose divided
- 3 pounds potatoes thinly sliced
- 8 servings salt and pepper to taste

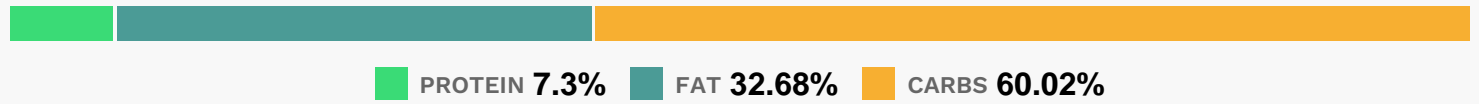
Equipment

- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease a 9x13-inch baking dish.
- Arrange one layer of potatoes in the bottom of the prepared baking dish.
- Sprinkle the potatoes with salt and pepper, 3 tablespoons flour, and 2 tablespoons butter. Repeat layering 2 more times, until all of potatoes have been used. Slowly pour milk over the potatoes until the dish is 3/4 full of milk.
- Bake until the milk comes to a boil (check after 15 minutes), then reduce heat to 375 degrees F (190 degrees C) and bake until potatoes are tender, 45 to 60 minutes more.

Nutrition Facts



Properties

Glycemic Index:26.09, Glycemic Load:26.41, Inflammation Score:-5, Nutrition Score:9.9339130572651%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 236.97kcal (11.85%), Fat: 8.75g (13.46%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.19g (11.71%), Sugar: 1.36g (1.51%), Cholesterol: 22.58mg (7.53%), Sodium: 271.68mg (11.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Vitamin C: 33.51mg (40.62%), Vitamin B6: 0.51mg (25.29%), Potassium: 727.7mg (20.79%), Manganese: 0.32mg (15.91%), Fiber: 3.97g (15.88%), Vitamin B1: 0.2mg (13.52%), Vitamin B3: 2.3mg (11.48%), Phosphorus: 108.59mg (10.86%), Folate: 42.97µg (10.74%), Magnesium: 41.19mg (10.3%), Copper: 0.2mg (9.8%), Iron: 1.72mg (9.57%), Vitamin B2: 0.1mg (5.86%), Vitamin B5: 0.55mg (5.52%), Vitamin A: 265.8IU (5.32%), Selenium: 3.48µg (4.97%), Vitamin K: 3.99µg (3.8%), Zinc: 0.56mg (3.75%), Calcium: 24.32mg (2.43%), Vitamin E: 0.27mg (1.77%)