



Scalloped Potatoes Supreme



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 4.7 oz potatoes
- ☐ 1.7 cups water boiling
- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 cups green beans frozen
- ☐ 0.3 teaspoon paprika
- ☐ 1 cup frangelico

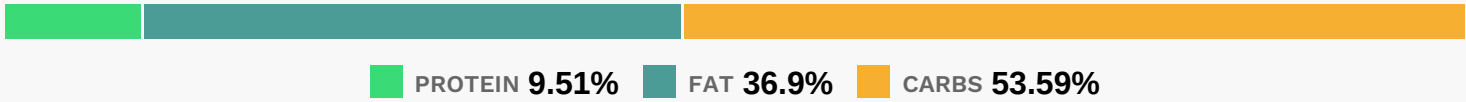
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F.
- ☐ Stir Sauce
- ☐ Mix, boiling water, half-and-half, margarine and red pepper with whisk in 2-quart casserole. Stir in Potatoes and green beans.
- ☐ Bake uncovered about 30 minutes or until potatoes are tender.
- ☐ Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:2.67, Inflammation Score:-3, Nutrition Score:2.9047826022396%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 34.21kcal (1.71%), Fat: 1.5g (2.3%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.75g (1.37%), Sugar: 1.04g (1.15%), Cholesterol: 0mg (0%), Sodium: 21.67mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 12.22µg (11.63%), Vitamin C: 6.66mg (8.08%), Vitamin A: 296.47IU (5.93%), Fiber: 1.14g (4.56%), Vitamin B6: 0.09mg (4.51%), Manganese: 0.09mg (4.33%), Potassium: 130.93mg (3.74%), Folate: 11.82µg (2.96%), Magnesium: 11.41mg (2.85%), Vitamin B1: 0.04mg (2.42%), Iron: 0.43mg (2.38%), Copper: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 20.63mg (2.06%), Vitamin B3: 0.39mg (1.93%), Calcium: 14.37mg (1.44%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.14%)