



Scalloped Potatoes with Cheese

 **Gluten Free**

READY IN



45 min.

SERVINGS



7

CALORIES



203 kcal

SIDE DISH

Ingredients

- 1 garlic clove halved
- 2 ounces gruyère cheese shredded
- 2 tablespoons butter melted
- 0.1 teaspoon pepper
- 6 medium potatoes red peeled cut into 1/8-inch-thick slices
- 0.5 teaspoon salt
- 1 cup skim milk

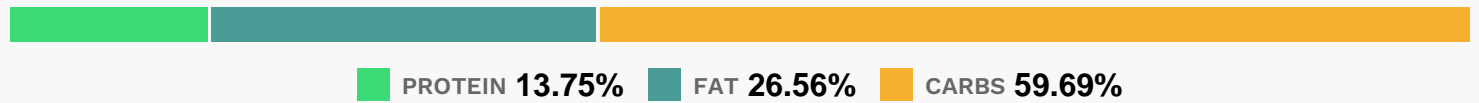
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 42
- Rub an 11- x 7-inch baking dish with cut sides of garlic halves; discard garlic. Coat dish with cooking spray.
- Arrange half of potato slices in dish; drizzle with 1 tablespoon margarine.
- Sprinkle with 1/4 teaspoon salt and half of pepper; top with 1/4 cup cheese. Repeat layers with remaining ingredients.
- Bring milk to a boil over low heat in a small saucepan; pour over potato mixture.
- Bake, uncovered, at 425 for 40 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:10.105652306391%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 202.64kcal (10.13%), Fat: 6.12g (9.42%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 27.85g (10.13%), Sugar: 4.16g (4.62%), Cholesterol: 9.96mg (3.32%), Sodium: 308.95mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Potassium: 899.62mg (25.7%), Phosphorus: 199.45mg (19.95%), Vitamin C: 15.84mg (19.2%), Vitamin B6: 0.34mg (17.15%), Calcium: 148.5mg (14.85%), Manganese: 0.27mg (13.6%), Copper: 0.25mg (12.49%), Fiber: 3.12g (12.49%), Magnesium: 47.57mg (11.89%), Vitamin B1: 0.17mg (11.58%), Vitamin B3: 2.15mg (10.76%), Folate: 34.43µg (8.61%), Iron: 1.36mg (7.55%), Vitamin B2: 0.13mg (7.47%), Zinc: 1.08mg (7.21%), Vitamin B5: 0.69mg (6.86%), Vitamin A: 304.28IU (6.09%), Vitamin B12: 0.34µg (5.61%), Vitamin K: 5.58µg (5.31%), Selenium: 2.85µg (4.07%), Vitamin D: 0.43µg (2.89%), Vitamin E: 0.17mg (1.1%)