



Scalloped Potatoes With Spinach And Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.3 cups milk 1% low-fat
- ☐ 1 Dash nutmeg
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 2 cups vidalia sweet sliced
- ☐ 2 pounds yukon gold potatoes peeled cut into 1/8-inch slices

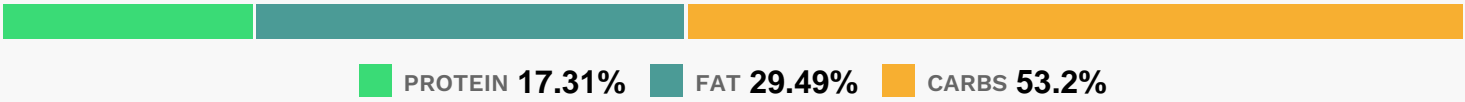
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 45
- ☐ Place potato slices in a large saucepan, and cover with water. Bring to a boil; reduce heat, and simmer, uncovered, 6 minutes or until tender.
- ☐ Drain well; set aside
- ☐ Combine milk and next 5 ingredients in a medium bowl, stirring with a whisk until blended.
- ☐ Melt butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 7 minutes or until golden. Reduce heat to medium. Gradually add milk mixture, stirring with a whisk until blended. Cook 5 minutes or until thick and bubbly; stirring constantly with a wooden spoon.
- ☐ Add cheese, stirring until cheese melts.
- ☐ Remove from heat.
- ☐ Arrange half of potato slices in an 11 x 7- inch baking dish coated with cooking spray. Top with half of spinach and half of cheese sauce. Repeat with remaining potato, spinach, and sauce.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake at 450 for 15 to 18 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:42.22, Glycemic Load:16.18, Inflammation Score:-10, Nutrition Score:21.566521893377%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 213.05kcal (10.65%), Fat: 7.17g (11.03%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.09g (9.12%), Sugar: 5.09g (5.65%), Cholesterol: 20.34mg (6.78%), Sodium: 445.64mg (19.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.93%), Vitamin K: 134.66µg (128.24%), Vitamin A: 4420.06IU (88.4%), Vitamin C: 26.21mg (31.77%), Manganese: 0.49mg (24.39%), Vitamin B6: 0.49mg (24.32%), Calcium: 232.89mg (23.29%), Folate: 88.12µg (22.03%), Phosphorus: 214.36mg (21.44%), Potassium: 733.32mg (20.95%), Magnesium: 66.38mg (16.6%), Fiber: 3.99g (15.97%), Vitamin B2: 0.26mg (15.57%), Selenium: 9.7µg (13.86%), Vitamin B1: 0.19mg (12.71%), Copper: 0.21mg (10.65%), Iron: 1.87mg (10.38%), Zinc: 1.37mg (9.13%), Vitamin B3: 1.81mg (9.03%), Vitamin E: 1.2mg (8.01%), Vitamin B12: 0.46µg (7.66%), Vitamin B5: 0.65mg (6.54%), Vitamin D: 0.5µg (3.33%)