



Seafood Scalloped Potatoes

READY IN



70 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 28 oz potatoes frozen with onions and peppers
- ☐ 7 oz shrimp frozen cooked
- ☐ 4 oz cheddar cheese shredded
- ☐ 18.5 oz bottled clam juice traditional canned
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup breadcrumbs plain

Equipment

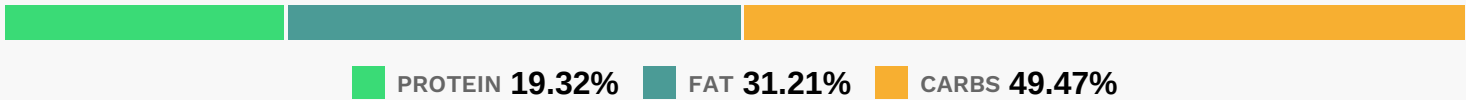
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Layer potatoes, shrimp and cheese in baking dish.
- ☐ Pour soup evenly over top.
- ☐ In small bowl, mix butter and bread crumbs; sprinkle over potato mixture.
- ☐ Bake 50 to 60 minutes or until bubbly around edges and bread crumbs are golden brown on top.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:17.04, Inflammation Score:-6, Nutrition Score:12.827826085298%

Flavonoids

Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 318.15kcal (15.91%), Fat: 11.12g (17.11%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 36g (13.09%), Sugar: 4.55g (5.05%), Cholesterol: 72.15mg (24.05%), Sodium: 597.22mg (25.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.98%), Vitamin C: 30.44mg (36.9%), Phosphorus: 258.29mg (25.83%), Vitamin B6: 0.47mg (23.4%), Potassium: 756.24mg (21.61%), Calcium: 195.53mg (19.55%), Copper: 0.33mg (16.34%), Manganese: 0.33mg (16.3%), Fiber: 3.67g (14.66%), Vitamin B1: 0.22mg (14.48%), Magnesium: 55.49mg (13.87%), Selenium: 8.36µg (11.95%), Zinc: 1.72mg (11.47%), Vitamin B3: 2.2mg (11.02%), Folate: 41.81µg (10.45%), Vitamin B2: 0.17mg (10.25%), Iron: 1.8mg (10%), Vitamin A: 489.19IU (9.78%), Vitamin B5: 0.6mg (5.96%), Vitamin B12: 0.26µg (4.38%), Vitamin K: 3.56µg (3.39%), Vitamin E: 0.4mg (2.69%)