



Slow-Cooker Scalloped Potatoes

 Gluten Free

READY IN



230 min.

SERVINGS



12

CALORIES



164 kcal

SIDE DISH

Ingredients

- 1.5 cups triple cheddar cheese shredded with a touch of philadelphia kraft
- 1 cup knudsen cream sour
- 10 oz condensed cream of potato soup canned
- 3 Tbsp chives fresh chopped
- 0.5 tsp paprika
- 2 lb potatoes red very thinly sliced (8)
- 1 Tbsp lea & perrins worcestershire sauce

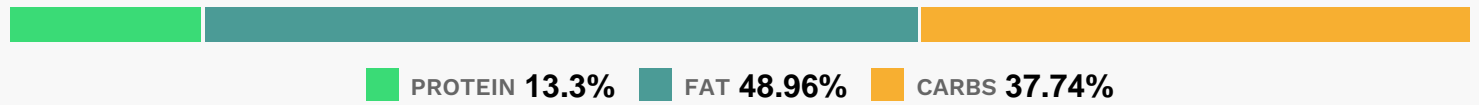
Equipment

- bowl
- slow cooker

Directions

- Combine first 3 ingredients in large bowl.
- Add potatoes; toss to evenly coat.
- Spoon 1/3 of the potato mixture into slow cooker sprayed with cooking spray; top with half the cheese. Repeat layers; cover with remaining potato mixture. Cover with lid.
- Cook on HIGH 3-1/2 to 4-1/2 hours (or on LOW 7 to 8 hours); stir.
- Sprinkle with paprika and chives.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:6.4365217504294%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 164.02kcal (8.2%), Fat: 9.09g (13.98%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.34g (5.21%), Sugar: 2.24g (2.49%), Cholesterol: 26.61mg (8.87%), Sodium: 273.36mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.11%), Phosphorus: 135.7mg (13.57%), Calcium: 132.99mg (13.3%), Potassium: 420.3mg (12.01%), Manganese: 0.19mg (9.27%), Vitamin C: 7.29mg (8.84%), Copper: 0.16mg (8.07%), Selenium: 5.55µg (7.93%), Vitamin B6: 0.16mg (7.81%), Vitamin B2: 0.13mg (7.57%), Vitamin A: 363.27IU (7.27%), Zinc: 0.96mg (6.4%), Magnesium: 23.27mg (5.82%), Fiber: 1.43g (5.73%), Vitamin B1: 0.08mg (5.18%), Vitamin B3: 1.02mg (5.1%), Vitamin B5: 0.5mg (5.04%), Folate: 19.14µg (4.79%), Vitamin K: 4.77µg (4.54%), Iron: 0.79mg (4.36%), Vitamin B12: 0.2µg (3.32%), Vitamin E: 0.23mg (1.56%)