



WHATSheATE



Smoky Scalloped Potatoes

READY IN



100 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 3 cups half-and-half
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 2.5 pounds russet potatoes peeled thinly sliced
- ☐ 1 small shallots finely chopped
- ☐ 1 cup sharp cheddar cheese white grated
- ☐ 1 teaspoons paprika smoked

☐ 3 tablespoons butter unsalted

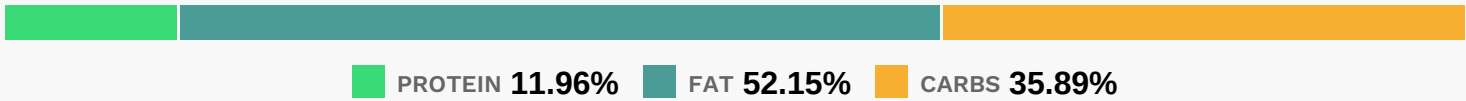
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Butter a 9-by-13-inch casserole dish with 1 tablespoon butter. Melt the remaining 2 tablespoons butter in a large saucepan. Once the butter foams, add the shallot and garlic and saute until softened, 3 to 4 minutes.
- ☐ Add the flour and cook, stirring frequently, until golden, about 2 minutes. Season with salt and pepper and add the half-and-half, smoked paprika and potatoes. Bring to a low simmer and cook for 5 minutes.
- ☐ Pour half of the potato mixture into the buttered casserole dish. Shake the pan to arrange the potatoes in a single layer.
- ☐ Sprinkle half of each of the cheeses on top of the bottom potato layer.
- ☐ Add the remaining potatoes and shake again to arrange in a layer.
- ☐ Sprinkle on the remaining cheese, cover with foil and bake 45 minutes, or until bubbling.
- ☐ Remove the foil and place back in the oven for another 15 minutes, or until the potatoes and cheese are golden and browned.
- ☐ Let stand 15 minutes before serving.
- ☐ Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:28.04, Inflammation Score:-7, Nutrition Score:15.819565031839%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 469.71kcal (23.49%), Fat: 27.77g (42.73%), Saturated Fat: 16.64g (104%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 40.22g (14.63%), Sugar: 6.63g (7.36%), Cholesterol: 81.07mg (27.02%), Sodium: 499.3mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Vitamin B6: 0.78mg (38.86%), Phosphorus: 350.01mg (35%), Calcium: 344.21mg (34.42%), Potassium: 1005.15mg (28.72%), Vitamin B2: 0.41mg (24.41%), Vitamin A: 1006.45IU (20.13%), Manganese: 0.36mg (18.24%), Selenium: 12.75µg (18.22%), Magnesium: 64.99mg (16.25%), Vitamin C: 12.82mg (15.54%), Vitamin B1: 0.22mg (14.4%), Zinc: 2.02mg (13.48%), Copper: 0.23mg (11.45%), Vitamin B3: 2.23mg (11.17%), Fiber: 2.78g (11.13%), Iron: 1.96mg (10.87%), Vitamin B5: 1.06mg (10.6%), Folate: 38.52µg (9.63%), Vitamin B12: 0.52µg (8.61%), Vitamin K: 6.35µg (6.05%), Vitamin E: 0.75mg (5.03%), Vitamin D: 0.25µg (1.64%)