

Super Cheesy Potatoes

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 16 slices processed cheese food
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups milk
- ☐ 16 ounce cheese sauce ragu® (such as Double Cheddar)
- ☐ 8 potatoes cut into 1/8-inch slices

Equipment

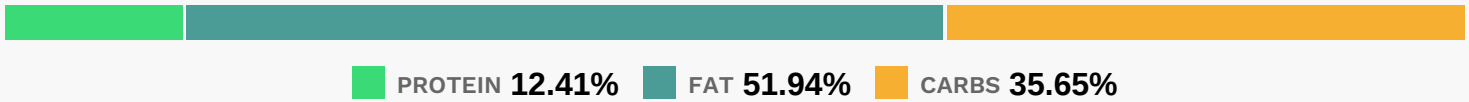
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place potato slices in a bowl of water while preparing remaining ingredients.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ Melt butter in a saucepan over medium heat; cook and stir flour in melted butter for 2 to 3 minutes. Stir in milk until thickened, 4 to 5 minutes more.
- ☐ Add American cheese, mixing until melted.
- ☐ Pour in jarred cheese sauce and cook and stir until smooth.
- ☐ Spread about 1/2 cup sauce in the bottom of the prepared baking dish.
- ☐ Layer potatoes slices in baking dish, alternating with cheese sauce.
- ☐ Bake in preheated oven until potatoes are tender, about 90 minutes.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:20.96, Inflammation Score:-6, Nutrition Score:13.598260692928%

Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 367.29kcal (18.36%), Fat: 21.61g (33.24%), Saturated Fat: 10.17g (63.59%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 30.17g (10.97%), Sugar: 6.2g (6.88%), Cholesterol: 48.89mg (16.3%), Sodium: 840.37mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.23%), Calcium: 413.18mg (41.32%), Vitamin C: 27.97mg (33.91%), Phosphorus: 325.98mg (32.6%), Vitamin B6: 0.47mg (23.63%), Potassium: 730.2mg (20.86%), Vitamin A: 687.05IU (13.74%), Fiber: 3.19g (12.78%), Vitamin B12: 0.76µg (12.62%), Manganese: 0.25mg (12.45%), Vitamin B2: 0.21mg (12.33%), Magnesium: 47.93mg (11.98%), Selenium: 8.17µg (11.67%), Vitamin B1: 0.17mg (11.51%), Zinc: 1.38mg (9.21%), Vitamin B3: 1.74mg (8.69%), Copper: 0.17mg (8.53%), Iron: 1.41mg (7.81%), Vitamin B5: 0.78mg

(7.77%), Folate: 29.87µg (7.47%), Vitamin D: 0.84µg (5.59%), Vitamin K: 3.95µg (3.76%), Vitamin E: 0.38mg (2.53%)