



Supreme Scalloped Potatoes

 **Gluten Free**

READY IN



55 min.

SERVINGS



14

CALORIES



199 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 10 ounces cream of chicken soup undiluted canned
- 0.8 cup milk
- 0.3 cup onion chopped
- 0.5 teaspoon pepper
- 3 pounds potatoes peeled
- 0.5 teaspoon salt
- 6 ounces cheddar cheese shredded divided

8 ounces cream sour

Equipment

bowl

oven

baking pan

dutch oven

Directions

In a Dutch oven or large kettle, cook potatoes in boiling salted water until tender. Cool completely; shred and place in a large bowl.

Add 1 cup cheese and onion.

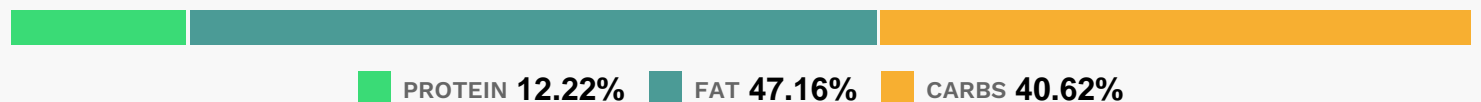
Combine remaining ingredients; pour over potato mixture.

Transfer to a greased 2-1/2-qt. baking dish.

Sprinkle with remaining cheese.

Bake, uncovered, at 350° for 35–40 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:21.48, Glycemic Load:13.45, Inflammation Score:-4, Nutrition Score:7.8365217291791%

Flavonoids

Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 198.6kcal (9.93%), Fat: 10.58g (16.27%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 18.27g (6.64%), Sugar: 2.25g (2.5%), Cholesterol: 29.2mg (9.73%), Sodium: 333.51mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin C: 19.6mg (23.75%), Vitamin B6: 0.31mg (15.73%), Phosphorus: 144.54mg (14.45%), Potassium: 475.35mg (13.58%), Calcium: 134.56mg (13.46%), Manganese:

0.18mg (9.01%), Fiber: 2.22g (8.88%), Vitamin B2: 0.14mg (8.3%), Magnesium: 30.18mg (7.54%), Selenium: 5.01µg (7.15%), Copper: 0.14mg (7.02%), Vitamin A: 333.09IU (6.66%), Vitamin B1: 0.1mg (6.43%), Zinc: 0.9mg (6.02%), Vitamin B3: 1.14mg (5.73%), Iron: 1.02mg (5.66%), Folate: 20.28µg (5.07%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.24µg (3.95%), Vitamin K: 3.52µg (3.36%), Vitamin E: 0.33mg (2.17%), Vitamin D: 0.22µg (1.44%)