



 **12%**
HEALTH SCORE

Swiss Scalloped Potatoes

 **Gluten Free**

READY IN



100 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 14 ounces chicken broth canned
- 3 garlic clove minced
- 1 small onion thinly sliced
- 0.3 teaspoon pepper
- 4 ounces pimientos diced drained
- 3 pounds potatoes peeled thinly sliced
- 0.8 teaspoon salt

8 ounces swiss cheese shredded divided

Equipment

oven

baking pan

Directions

In a greased shallow 3-qt. baking dish, layer a third of the potatoes, onion, pimientos, garlic and Swiss cheese; sprinkle with 1/4 teaspoon salt and a dash of pepper. Repeat layers once. Top with remaining potatoes, onion, pimientos, garlic, salt and pepper.

Pour broth over the top; dot with butter.

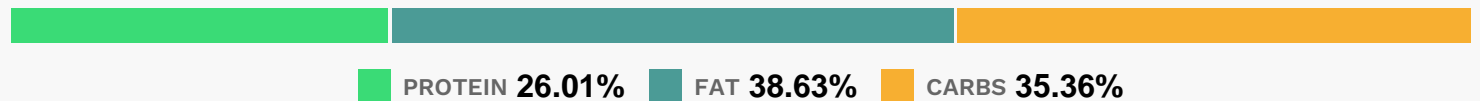
Bake, uncovered, at 375° for 1 hour.

Sprinkle with remaining cheese.

Bake 30 minutes longer or until liquid is absorbed and cheese is melted.

Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.84, Glycemic Load:22.41, Inflammation Score:-7, Nutrition Score:17.463913268369%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 368.57kcal (18.43%), Fat: 15.87g (24.41%), Saturated Fat: 8.13g (50.83%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 28.43g (10.34%), Sugar: 2.18g (2.42%), Cholesterol: 58.7mg (19.57%), Sodium: 545.26mg (23.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.07%), Vitamin C: 49.25mg (59.7%), Phosphorus: 343.76mg (34.38%), Vitamin B6: 0.68mg (33.9%), Calcium: 285.96mg (28.6%), Selenium: 18.44µg (26.35%), Potassium: 858.5mg (24.53%), Vitamin B12: 1.36µg (22.64%), Zinc: 3.04mg (20.25%), Fiber: 4.26g (17.03%), Vitamin A: 790.94IU (15.82%), Manganese: 0.31mg (15.67%), Vitamin B3: 3.13mg (15.64%), Magnesium:

60.23mg (15.06%), Iron: 2.35mg (13.04%), Vitamin B2: 0.21mg (12.07%), Copper: 0.24mg (11.91%), Vitamin B1: 0.15mg (9.91%), Folate: 33.56µg (8.39%), Vitamin B5: 0.65mg (6.49%), Vitamin K: 6.62µg (6.3%), Vitamin E: 0.55mg (3.66%)