



Swiss Scalloped Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes thinly sliced
- ☐ 3 ounces gruyère cheese grated
- ☐ 0.8 pound leeks
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup spiced pear butter
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt divided

☐ 1 cup skim milk

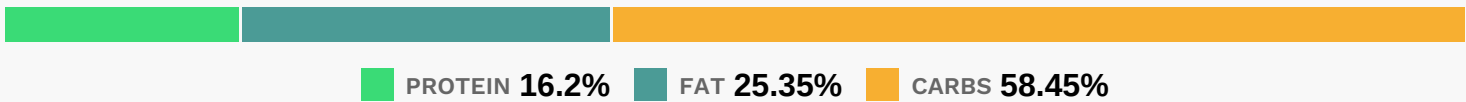
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 50
- ☐ Remove roots, outer leaves, and tops from leeks. Rinse under cold water; cut into 1 1/2 x 1/2-inch strips.
- ☐ Combine leeks, lemon juice, olive oil, 1/4 teaspoon salt, and pepper in an 11 x 7-inch baking dish.
- ☐ Bake at 500 for 20 minutes or until leeks are tender, stirring once. Spoon leek mixture into a bowl; set aside. Reduce oven temperature to 35
- ☐ Coat baking dish with cooking spray, and arrange half of the potato slices in dish.
- ☐ Spread leek mixture over potato slices. Top with remaining potato slices; sprinkle with 1/4 teaspoon salt.
- ☐ Combine the milk and Spiced Pear Butter in a small bowl, stirring with a whisk until smooth; pour over potato slices. Cover loosely with foil; bake at 350 for 45 minutes. Uncover and bake 30 minutes.
- ☐ Sprinkle with cheese, and bake an additional 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:19.43, Inflammation Score:-7, Nutrition Score:13.553478158039%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 214.69kcal (10.73%), Fat: 6.23g (9.59%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 29.52g (10.74%), Sugar: 6.03g (6.7%), Cholesterol: 16.82mg (5.61%), Sodium: 328.92mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.91%), Vitamin K: 30.34µg (28.89%), Vitamin B6: 0.56mg (28.18%), Calcium: 246.68mg (24.67%), Vitamin A: 1166.75IU (23.33%), Manganese: 0.47mg (23.25%), Phosphorus: 213.2mg (21.32%), Potassium: 670.73mg (19.16%), Vitamin C: 15.59mg (18.89%), Folate: 56.03µg (14.01%), Magnesium: 52.96mg (13.24%), Iron: 2.22mg (12.35%), Fiber: 2.8g (11.19%), Vitamin B1: 0.16mg (10.71%), Copper: 0.2mg (9.95%), Vitamin B2: 0.15mg (8.86%), Vitamin B12: 0.46µg (7.73%), Zinc: 1.15mg (7.64%), Vitamin B3: 1.48mg (7.42%), Vitamin B5: 0.66mg (6.58%), Selenium: 3.91µg (5.58%), Vitamin E: 0.78mg (5.22%), Vitamin D: 0.53µg (3.56%)