



Two-Cheese Scalloped Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baking potatoes peeled cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups milk fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup catsup
- ☐ 6 ounces cheddar cheese shredded extra-sharp divided reduced-fat
- ☐ 4 ounces monterrey jack cheese shredded divided reduced-fat
- ☐ 2 cups onion vertically sliced

☐ 2 teaspoons worcestershire sauce

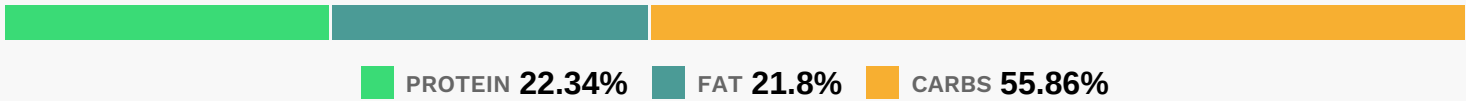
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine milk, 3/4 cup cheddar, 1/2 cup Monterey Jack, ketchup, Worcestershire, and pepper; set aside.
- ☐ Arrange half of potatoes and half of onion in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with half of milk mixture. Repeat layers; top with 3/4 cup cheddar, 1/2 cup Monterey Jack, and parsley. Cover and bake at 350 for 1 hour and 15 minutes. Uncover; bake an additional 20 minutes or until po- tatoe

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:21.76, Inflammation Score:-6, Nutrition Score:12.76391313387%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 242.5kcal (12.13%), Fat: 5.99g (9.22%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 31.95g (11.62%), Sugar: 6.83g (7.59%), Cholesterol: 18.46mg (6.15%), Sodium: 330.79mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.63%), Phosphorus: 308.09mg (30.81%), Vitamin B6: 0.6mg (29.87%), Calcium: 286.63mg (28.66%), Potassium: 791.16mg (22.6%), Vitamin K: 19.94µg (18.99%), Vitamin C: 12.87mg (15.6%), Manganese: 0.3mg (14.77%), Vitamin B2: 0.24mg (13.85%), Magnesium: 51.12mg (12.78%), Vitamin B1: 0.17mg (11.19%), Fiber: 2.59g (10.38%), Zinc: 1.52mg (10.17%), Selenium: 6.89µg (9.84%), Iron: 1.67mg

(9.27%), Copper: 0.18mg (9.16%), Folate: 35.58µg (8.89%), Vitamin B3: 1.72mg (8.62%), Vitamin B12: 0.49µg (8.14%),
Vitamin A: 373.19IU (7.46%), Vitamin B5: 0.72mg (7.17%), Vitamin D: 0.61µg (4.08%), Vitamin E: 0.19mg (1.27%)