



VELVEETA® Classic Potatoes Au Gratin

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- 1 tsp mustard dry
- 0.3 cup milk
- 0.5 cup onions chopped
- 0.3 tsp pepper
- 8 oz velveeta cut into 1/2-inch cubes
- 1.5 lb yukon gold potatoes thinly sliced (6)

Equipment

- frying pan

sauce pan

oven

Directions

Heat oven to 350F.

Cook potatoes in boiling water in large saucepan 8 to 10 min. or until tender; drain. Return potatoes to pan.

Add remaining ingredients; mix lightly. Spoon into 2-qt. casserole sprayed with cooking spray; cover.

Bake 22 to 25 min. or until potatoes are tender. Stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:11.23, Inflammation Score:-4, Nutrition Score:7.846087022968%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 138.43kcal (6.92%), Fat: 3.43g (5.27%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 17.52g (6.37%), Sugar: 3.88g (4.31%), Cholesterol: 12.82mg (4.27%), Sodium: 458.07mg (19.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Phosphorus: 351.55mg (35.15%), Vitamin C: 17.54mg (21.26%), Calcium: 185.55mg (18.56%), Potassium: 484.57mg (13.84%), Vitamin B6: 0.27mg (13.44%), Vitamin B2: 0.23mg (13.26%), Fiber: 2.09g (8.35%), Manganese: 0.16mg (7.87%), Zinc: 1.02mg (6.78%), Vitamin A: 293.07IU (5.86%), Magnesium: 22.51mg (5.63%), Vitamin B1: 0.08mg (5.27%), Copper: 0.1mg (4.91%), Vitamin B3: 0.93mg (4.64%), Iron: 0.75mg (4.18%), Folate: 15.92µg (3.98%), Vitamin B5: 0.3mg (2.95%), Vitamin K: 1.79µg (1.71%), Selenium: 0.97µg (1.39%)