

Cheesy Scalloped Potatoes

*"Fruits of the Spirit" (2001) - Lori Wood
Grapevine United Methodist Church - Port St. Lucie, FL*

*1/4 cup onion, chopped
3 tablespoons butter or margarine
3 tablespoons flour
salt (to taste) (optional)
pepper (to taste) (optional)
1 3/4 cups milk
5 cups potatoes, peeled and thinly
sliced
3/4 cup American cheese, shredded*

Preheat the oven to 350 degrees.

In a skillet, cook the onion until tender. Stir in the flour, salt and pepper, if desired. Add the milk. Cook and stir until the mixture thickens and comes to a boil. Stir in the American cheese.

Place one-half of the potatoes in a 1-1/2 quart greased casserole dish. Cover with one-half of the sauce. Repeat the layers.

Bake for 45 minutes.

Uncover and bake for an additional 30 minutes.

Per Serving (excluding unknown items): 1581 Calories; 76g Fat (42.8% calories from fat); 52g Protein; 178g Carbohydrate; 13g Dietary Fiber; 231mg Cholesterol; 1819mg Sodium. Exchanges: 10 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Non-Fat Milk; 13 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1581
% Calories from Fat:	42.8%
% Calories from Carbohydrates:	44.4%
% Calories from Protein:	12.9%
Total Fat (g):	76g
Saturated Fat (g):	47g
Monounsaturated Fat (g):	22g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	231mg

Vitamin B6 (mg):	2.2mg
Vitamin B12 (mcg):	2.2mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	139mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	178g
Dietary Fiber (g):	13g
Protein (g):	52g
Sodium (mg):	1819mg
Potassium (mg):	4972mg
Calcium (mg):	1106mg
Iron (mg):	7mg
Zinc (mg):	7mg
Vitamin C (mg):	155mg
Vitamin A (i.u.):	2864IU
Vitamin A (r.e.):	730RE

Food Exchanges

Grain (Starch):	10
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1 1/2
Fat:	13
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	1581	Calories from Fat: 676
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% Daily Values*

Total Fat	76g	117%
Saturated Fat	47g	236%
Cholesterol	231mg	77%
Sodium	1819mg	76%
Total Carbohydrates	178g	59%
Dietary Fiber	13g	54%
Protein	52g	
Vitamin A		57%
Vitamin C		258%
Calcium		111%
Iron		41%

* Percent Daily Values are based on a 2000 calorie diet.