

Scalloped Potatoes

163.36; 412.97; 296.06

Using version ii for both, since version i in the 36 has no yield or qty's. Used diced fresh potato to approximate a volume measurement for "thinly sliced."

189.9 cal/serving and 1.18 cal/g in 1936; 149.2 cal/serving and 0.78 cal/g in 2006

potatoes in a moderate oven
1¼ hours. The potatoes may
with a spoon while cooking
even baking.

SCALLOPED POTATOES

8 Servings.

Peel and cut into thin slices:

Raw potatoes

There should be 4 cupfuls.

Melt:

3 tablespoons butter

Stir in until blended:

3 tablespoons flour

Cook and stir in slowly:

1½ cups milk

Season with:

1 teaspoon salt

A few grains of cayenne

Cook the sauce until it is smooth and
boiling.

Reduce the heat and add:

1 cup grated cheese ($\frac{1}{4}$ pound)

When the cheese is melted add:

$\frac{3}{4}$ cup shredded green pepper and
pimento

Grease a baking dish and fill it with alter-
nate layers of potatoes and cheese sauce.
Bake the potatoes in a moderate oven
 350° for about 2 hours or until they are
done. The potatoes may be turned with
a spoon while cooking to insure even bak-
ing. Parboiling the potatoes will shorten
the time for baking appreciably.

Scalloped Potatoes 36

Number of Servings: 8 (161.18 g per serving)

Amount	Measure	Ingredient	Comments
4.00	cup	potato, white, fresh, diced	
3.00	Tbs	butter, salted	
3.00	Tbs	flour, all purpose, self rising, enriched	
1.50	cup	milk, whole, 3.25%	
0.25	lb	cheese, cheddar, shredded	
0.75	cup	pimentos, canned	

Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	161.18	Vitamin D - mcg (mcg)	0.21
Calories (kcal)	189.9	Vitamin E - Alpha-Toco (mg)	0.4
Calories from Fat (kcal)	96.21	Folate (mcg)	26.45
Calories from SatFat (kcal)	57.29	Folate, DFE (mcg)	29.71
Protein (g)	6.64	Vitamin K (mcg)	3.62
Carbohydrates (g)	17.25	Pantothenic Acid (mg)	0.47
Dietary Fiber (g)	2.22	Calcium (mg)	166.39
Soluble Fiber (g)	0.03	Chromium (mcg)	0.06
Total Sugars (g)	3.59	Copper (mg)	0.12
Monosaccharides (g)	0.67	Fluoride (mg)	0.01
Disaccharides (g)	2.42	Iodine (mcg)	5.46
Other Carbs (g)	11.45	Iron (mg)	0.87
Fat (g)	10.77	Magnesium (mg)	25.9
Saturated Fat (g)	6.37	Manganese (mg)	0.16
Mono Fat (g)	2.69	Molybdenum (mcg)	0.65
Poly Fat (g)	0.53	Phosphorus (mg)	173.75
Trans Fatty Acid (g)	0.34	Potassium (mg)	409.76
Cholesterol (mg)	30.48	Selenium (mcg)	7.03
Water (g)	124.68	Sodium (mg)	194.67
Vitamin A - IU (IU)	831.98	Zinc (mg)	0.93
Vitamin A - RAE (RAE)	118.94	Omega 3 Fatty Acid (g)	0.08
Carotenoid RE (RE)	52.67	Omega 6 Fatty Acid (g)	0.44
Retinol RE (RE)	92.61	Alcohol (g)	0
Beta-Carotene (mcg)	292.73	Caffeine (mg)	0
Vitamin B1 (mg)	0.1	Choline (mg)	19.57
Vitamin B2 (mg)	0.19		
Vitamin B3 (mg)	1.13		
Vitamin B3 - Niacin Equiv (mg)	3.06		
Vitamin B6 (mg)	0.22		
Vitamin B12 (mcg)	0.34		
Biotin (mcg)	0.46		
Vitamin C (mg)	22.11		
Vitamin D - IU (IU)	7.51		

SCALLOPED POTATOES

6 servings

I. Preheat the oven to 350°F. Drop into boiling water:

3 cups very thinly sliced peeled boiling potatoes

Add:

1 teaspoon salt

Parboil about 8 minutes. Drain well. Grease a 10-inch round baking dish. Place the potatoes in it in 3 layers, sprinkling each layer with flour and dotting with butter, using in all:

2 tablespoons all-purpose flour

3 to 6 tablespoons butter

There are many tidbits you can put between the layers. Try, if you like:

($\frac{1}{4}$ cup finely chopped chives or onions)

(12 well-drained anchovies, chopped, or 3 slices

**bacon, cooked until crisp and crumbled, reduce
the salt below)**

($\frac{1}{4}$ cup finely chopped bell peppers)

Heat in a small saucepan:

1 $\frac{1}{4}$ cups milk or cream

Season with:

1 $\frac{1}{4}$ teaspoons salt

$\frac{1}{4}$ teaspoon paprika

($\frac{1}{4}$ teaspoon dry mustard)

Pour the mixture over the potatoes. Bake about 35 minutes, testing for tenderness with a fork.

II. Preheat the oven to 350°F.

Layer in a greased 10-inch round baking dish:

3 cups very thinly sliced peeled boiling potatoes

Heat in a medium saucepan:

Whip until stiff:

1/2 cup heavy cream

Season it to taste with:

Salt and white pepper

A few grains of ground red pepper

Fold in:

1/2 cup grated Parmesan (1 1/2 ounces)

Shape the potatoes into a mound on an ovenproof plate.

Cover the potatoes with the whipped cream mixture. Bake until the cheese is melted and the top is lightly browned.

CREAMED POTATOES

6 servings

Should you wish to delay serving this dish, place the pota-

Scalloped Potatoes 06

Number of Servings: 6 (191.5 g per serving)

Amount	Measure	Ingredient	Comments
3.00	cup	potato, white, fresh, diced	
10.75	oz	soup, cream of mushroom, canned, condensed	
1.50	cup	milk, whole, 3.25%	
0.25	cup	cheese, cheddar, shredded	

Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	191.5	Folate (mcg)	17.77
Calories (kcal)	149.22	Folate, DFE (mcg)	17.77
Calories from Fat (kcal)	58.1	Vitamin K (mcg)	12.95
Calories from SatFat (kcal)	22.97	Pantothenic Acid (mg)	0.54
Protein (g)	4.97	Calcium (mg)	111.52
Carbohydrates (g)	18.11	Chromium (mcg)	
Dietary Fiber (g)	2.1	Copper (mg)	0.12
Soluble Fiber (g)	0	Fluoride (mg)	0
Total Sugars (g)	3.99	Iodine (mcg)	1.81
Monosaccharides (g)	0.66	Iron (mg)	0.5
Disaccharides (g)	3.34	Magnesium (mg)	24.65
Other Carbs (g)	12.01	Manganese (mg)	0.13
Fat (g)	6.46	Molybdenum (mcg)	0.22
Saturated Fat (g)	2.55	Phosphorus (mg)	129.66
Mono Fat (g)	1.55	Potassium (mg)	423.38
Poly Fat (g)	1.82	Selenium (mcg)	5.29
Trans Fatty Acid (g)	0.07	Sodium (mg)	422.58
Cholesterol (mg)	10.9	Zinc (mg)	0.66
Water (g)	159.74	Omega 3 Fatty Acid (g)	0.25
Vitamin A - IU (IU)	155.68	Omega 6 Fatty Acid (g)	1.57
Vitamin A - RAE (RAE)	41.78	Alcohol (g)	0
Carotenoid RE (RE)	2.53	Caffeine (mg)	0
Retinol RE (RE)	40.52	Choline (mg)	19.78
Beta-Carotene (mcg)	12.53		
Vitamin B1 (mg)	0.09		
Vitamin B2 (mg)	0.16		
Vitamin B3 (mg)	1.04		
Vitamin B3 - Niacin Equiv (mg)	2.15		
Vitamin B6 (mg)	0.19		
Vitamin B12 (mcg)	0.32		
Biotin (mcg)	0.14		
Vitamin C (mg)	7.08		
Vitamin D - IU (IU)	6.92		
Vitamin D - mcg (mcg)	0.19		
Vitamin E - Alpha-Toco (mg)	0.38		

