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Baked Scalloped Potatoes

Ingredients:

- 4 cups thinly sliced raw potatoes
- ½ cup chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 Tablespoons flour
- 2 Tablespoons butter
- ¾ cup 1% milk
- vegetable oil spray

Makes 5 servings - 28% calories from fat

Instructions:

1. Arrange one layer of potatoes and onion in greased baking dish. Sprinkle with salt and pepper, half of flour, and dot with butter.
2. Repeat step one.
3. Pour milk over layers.
4. Bake at 350°F for 45 to 55 minutes or until top is golden brown and potatoes are tender.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 4%	• Vitamin C 20%
Calcium 6%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

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