

# Low Sodium Scalloped Potatoes Au Gratin

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/potatoes-au-gratin-swiss-cheese-recipe>

## Ingredients:

- 4 large russet potatoes
- 2 tablespoons onion flakes minced
- 1 tablespoon garlic powder
- 1 pinch fresh black pepper
- 1 1/2 cups grated Swiss cheese
- 3 tablespoons unsalted butter
- 3 tablespoons flour
- 1 1/2 cups milk

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 70 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 14 grams
8. Sodium: 160 milligrams
9. Sugar: 9 grams

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