

Golden Crusted Potatoes

Mrs. W. A. Whitley

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

Servings: 6

3 cups cooked instant mashed
potatoes, very stiff
1 1/2 cups creamed cottage cheese
1/2 cup sour cream
1/4 teaspoon white pepper
1 tablespoon green onions, finely
chopped
1/4 teaspoon nutmeg
4 tablespoons melted margarine
1/2 cup slivered almonds

Preheat the oven to 350 degrees.

Prepare the instant mashed potatoes in the usual way using less liquid because of adding other ingredients.

In a bowl, combine the potatoes, cottage cheese, sour cream, pepper, green onions and nutmeg. Check to see if additional salt is needed.

Place the mixture in a shallow buttered 1-1/2-quart casserole. Cover the top with melted margarine and sprinkle with slivered almonds.

Bake for 20 to 25 minutes or until bubbling hot and golden crusted.

Per Serving (excluding unknown items): 235 Calories; 20g Fat (76.0% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 313mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	235
% Calories from Fat:	76.0%
% Calories from Carbohydrates:	7.8%
% Calories from Protein:	16.1%
Total Fat (g):	20g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	16mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	10g
Sodium (mg):	313mg
Potassium (mg):	170mg
Calcium (mg):	88mg
	1mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
	3 1/2

Iron (mg):
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 579IU
Vitamin A (r.e.): 147RE

Fat:
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	235	Calories from Fat: 179
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% Daily Values*

Total Fat	20g	31%
Saturated Fat	6g	30%
Cholesterol	16mg	5%
Sodium	313mg	13%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Protein	10g	

Vitamin A	12%
Vitamin C	1%
Calcium	9%
Iron	3%

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