

# Bacon-Cheddar Mashed Potatoes

Target Stores  
Food Network Magazine

## Servings: 6

2 pounds medium russet potatoes  
Kosher salt  
1 cup milk  
4 tablespoons unsalted butter  
1 cup Cheddar cheese, shredded  
crumbled cooked bacon (for topping)  
sliced scallions (for topping)

## Preparation Time: 20 minutes

Place the potatoes in a large pot. Cover with cold water. Season with salt. Bring to a simmer. Cook until the potatoes are tender, about 45 minutes. Drain. Let cool slightly. Peel and return to the pot.

In a small saucepan, heat the milk and butter. Add to the potatoes. Mash with a potato masher. Stir in the cheese. Season with salt.

Transfer to a bowl. Top with bacon and scallions.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 169 Calories; 15g Fat (80.6% calories from fat); 6g Protein; 2g Carbohydrate; 0g Dietary Fiber; 46mg Cholesterol; 138mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	169	Vitamin B6 (mg):	trace
% Calories from Fat:	80.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	5.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	6mcg
Saturated Fat (g):	10g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	46mg	% Refuse:	0.0%
Carbohydrate (g):	2g		

## Food Exchanges

Dietary Fiber (g): 0g  
 Protein (g): 6g  
 Sodium (mg): 138mg  
 Potassium (mg): 83mg  
 Calcium (mg): 187mg  
 Iron (mg): trace  
 Zinc (mg): 1mg  
 Vitamin C (mg): trace  
 Vitamin A (i.u.): 540IU  
 Vitamin A (r.e.): 147RE

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 169                      Calories from Fat: 136

### % Daily Values\*

**Total Fat** 15g 24%  
     Saturated Fat 10g 48%  
**Cholesterol** 46mg 15%  
**Sodium** 138mg 6%  
**Total Carbohydrates** 2g 1%  
     Dietary Fiber 0g 0%  
**Protein** 6g

**Vitamin A** 11%  
**Vitamin C** 1%  
**Calcium** 19%  
**Iron** 1%

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