

Chile-Cheddar Mashed Potatoes

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Family Circle Magazine - November 2013

Servings: 8

2 1/2 pounds baking potatoes, peeled and cut into one-inch chunks

2 large cloves garlic, peeled and halved

1 cup 2% milk, heated

3 tablespoons unsalted butter

4 ounces sharp white cheddar cheese, shredded

1 can (4 ounce) diced mild green chiles

1 teaspoon salt

Preparation Time: 15 minutes

Cook Time: 10 minutes

Place the diced potatoes and garlic in a lidded pot. Fill with cold water until the potatoes are covered by one inch. Cover the pot and bring to a boil. Reduce the heat to a simmer and cook for 10 minutes, until fork tender.

Drain the potatoes and immediately return to the pot.

Stir in the milk and butter. Mash until smooth.

Stir in the cheese, chiles and salt.

Per Serving (excluding unknown items): 166 Calories; 5g Fat (26.6% calories from fat); 4g Protein; 27g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 291mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	166	Vitamin B6 (mg):	.4mg
% Calories from Fat:	26.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	63.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	20mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	14mg	% Daily*	n n%
	27g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 2g
Protein (g): 4g
Sodium (mg): 291mg
Potassium (mg): 822mg
Calcium (mg): 51mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 225IU
Vitamin A (r.e.): 57 1/2RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 166 Calories from Fat: 44

% Daily Values*

Total Fat 5g			8%
Saturated Fat 3g			15%
Cholesterol 14mg			5%
Sodium 291mg			12%
Total Carbohydrates 27g			9%
Dietary Fiber 2g			9%
Protein 4g			

Vitamin A			5%
Vitamin C			47%
Calcium			5%
Iron			6%

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