

Creamy Double Mashed Potatoes

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Servings: 6

1 pound (about two) sweet potatoes,
peeled and cut into chunks

1 pound (about 3) red potatoes,
peeled and cut into chunks

2 ounces Neufchatel cheese, cubed

1/2 cup fat-free reduced-sodium
chicken broth

4 slices bacon, cooked and crumbled

Preparation Time: 15 minutes

In a large saucepan, cook the potatoes in boiling
water for 15 to 20 minutes or until tender. Drain.
Return the potatoes to pan.

Add the Neufchatel cheese. Mash the potatoes
just until the Neufchatel is blended.

Gradually add the broth while continuing to
mash the potatoes until the desired consistency.

Stir in the bacon.

Start to Finish Time: 35 minutes

SUBSTITUTE

Prepare using Yukon gold potatoes.

Per Serving (excluding unknown
items): 81 Calories; 4g Fat (48.0%
calories from fat); 3g Protein; 8g
Carbohydrate; 1g Dietary Fiber;
11mg Cholesterol; 109mg Sodium.
Exchanges: 1/2 Grain(Starch); 1/2
Lean Meat; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	81
% Calories from Fat:	48.0%
% Calories from Carbohydrates:	38.1%
% Calories from Protein:	13.9%
Total Fat (g):	4g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	11mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	1/2
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Protein (g): 3g
Sodium (mg): 109mg
Potassium (mg): 143mg
Calcium (mg): 13mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 4454IU
Vitamin A (r.e.): 467RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 81 Calories from Fat: 39

% Daily Values*

Total Fat	4g	7%
Saturated Fat	2g	11%
Cholesterol	11mg	4%
Sodium	109mg	5%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	3%
Protein	3g	

Vitamin A	89%
Vitamin C	15%
Calcium	1%
Iron	2%

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