

Mediterranean Mashed Potatoes

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Servings: 16

Yield: 3/4 cup per serving

*8 large (about 6-1/2 lbs.) potatoes,
peeled and cubed*

3 cloves garlic

1 teaspoon salt

1/2 cup olive oil

1/4 cup lemon juice

3/4 teaspoon salt

1/2 cup pine nuts, toasted

Preparation Time: 25 minutes

Cook Time: 15 minutes

Place the potatoes in a stockpot; add water to cover. Bring to a boil. Reduce the heat. Cook, uncovered, for 10 to 15 minutes or until tender.

Meanwhile, mince the garlic and sprinkle with one teaspoon of the salt. Mash the garlic with the flat side of the knife blade, forming a smooth paste. In a small bowl, whisk the oil, lemon juice, garlic mixture and the remaining salt until blended.

Drain the potatoes and return to the pan. Mash the potatoes, gradually adding the oil mixture. Transfer to a serving dish. Sprinkle with pine nuts.

Per Serving (excluding unknown items): 134 Calories; 9g Fat (58.4% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 237mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	134	Vitamin B6 (mg):	.2mg
% Calories from Fat:	58.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	34.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	11mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	237mg
Potassium (mg):	364mg
Calcium (mg):	8mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	2IU
Vitamin A (r.e.):	0RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories	134	Calories from Fat: 78
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% Daily Values*

Total Fat	9g	14%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	237mg	10%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	5%
Protein	2g	
Vitamin A		0%
Vitamin C		23%
Calcium		1%
Iron		5%

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