

Mustard Mashed Potatoes

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Servings: 4

Yield: 1/2 cup per serving

1 pound baking potatoes, peeled and chopped

1/4 cup 2% reduced-fat milk

1/4 cup reduced-fat sour cream

2 teaspoons country-style Dijon mustard

1/2 teaspoon freshly ground black pepper

1/4 teaspoon salt

Place the potatoes in a medium saucepan and cover with cold water. Bring to a boil. Reduce the heat and simmer for 12 minutes or until the potatoes are very tender. Drain.

Return the potatoes to the pan and mash with a potato masher.

Stir in the milk, sour cream, mustard, pepper and salt.

Per Serving (excluding unknown items): 90 Calories; trace Fat (1.2% calories from fat); 2g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 140mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	90
% Calories from Fat:	1.2%
% Calories from Carbohydrates:	88.6%
% Calories from Protein:	10.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	21g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	140mg
Potassium (mg):	620mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	15mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 10mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 22mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 90 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrates	21g	7%
Dietary Fiber	2g	8%
Protein	2g	
Vitamin A		0%
Vitamin C		37%
Calcium		1%
Iron		5%

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