

# Potatoes in Olive Sauce

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 6

6 medium potatoes, pared, cooked  
and drained  
2 cups sour cream  
1/4 cup onions, finely chopped  
2 tablespoons pimiento-stuffed olives,  
finely chopped  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon paprika  
1 tablespoon snipped parsley (for  
garnish)  
4 pimiento-stuffed olives (for garnish),  
sliced

Cut the cooled potatoes into 1/2-inch cubes.

In a skillet, combine the potatoes, sour cream, onions, chopped olives, salt and pepper. Heat over medium heat, stirring frequently, until the cream bubbles and the potatoes are heated through.

Pour into a serving dish. Garnish with paprika, snipped parsley and sliced olives.

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Per Serving (excluding unknown items): 264 Calories; 16g Fat (54.0% calories from fat); 5g Protein; 26g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 404mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	264
% Calories from Fat:	54.0%
% Calories from Carbohydrates:	38.5%
% Calories from Protein:	7.5%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	34mg
Carbohydrate (g):	26g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	25mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): 2g  
 Protein (g): 5g  
 Sodium (mg): 404mg  
 Potassium (mg): 790mg  
 Calcium (mg): 103mg  
 Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 25mg  
 Vitamin A (i.u.): 722IU  
 Vitamin A (r.e.): 193 1/2RE

Grain (Starch): 1 1/2  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 3  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 264      **Calories from Fat:** 143

### % Daily Values\*

<b>Total Fat</b>	16g	25%
Saturated Fat	10g	50%
<b>Cholesterol</b>	34mg	11%
<b>Sodium</b>	404mg	17%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	2g	9%
<b>Protein</b>	5g	

<b>Vitamin A</b>	14%
<b>Vitamin C</b>	42%
<b>Calcium</b>	10%
<b>Iron</b>	6%

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