Mashed Potatoes

Ingredients:

6 medium potatoes, scrubbed and peeled
1 1/2 tablespoons butter or margarine
1/3 cup fat-free milk
salt and pepper to taste

Directions:

1. Cut potatoes into quarters and cook in boiling water until tender. Drain water from potatoes.
2. Mash potatoes with a potato masher or put potatoes in a mixing bowl and beat with an electric mixer.
3. Beat in butter or margarine and milk.
4. Season to taste with salt and pepper.

Yields about 6 servings

Source: Michigan State University Extension – Eating Right is Basic - Enhanced

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/6 recipe (6.7 ounces)</td>
<td>190</td>
<td>Total Fat 3g 5%</td>
</tr>
<tr>
<td>6 servings</td>
<td>Calories from Fat 30</td>
<td>Saturated Fat 0.5g 3%</td>
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<tr>
<td></td>
<td>Trans Fat 0g</td>
<td>Cholesterol 0mg 0%</td>
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<tr>
<td></td>
<td>Sodium 50mg 2%</td>
<td>Total Carbohydrate 37g 12%</td>
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<tr>
<td></td>
<td>Dietary Fiber 4g 16%</td>
<td>Sugars 3g</td>
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<tr>
<td></td>
<td>Protein 5g</td>
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</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000, 2400
Total Fat: 65g, 80g
Saturated Fat: 25g, 25g
Cholesterol: 300mg, 300mg
Sodium: 2,400mg, 2,400mg
Total Carbohydrate: 300g, 375g
Dietary Fiber: 25g, 30g

15.8% calories from fat

Nutrition facts based on standard recipe using tub margarine and no salt and pepper.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.