

Eat Smart • Move More

Garlic Mashed Potatoes

Prep Time: 10 minutes

Total Time: 30 minutes



Ingredients

- 8 potatoes, chopped
- 1/3 cup 1% milk
- 1/4 cup light sour cream
- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper

Nutrition Facts

8 servings per container	
Serving size	1 serving (191.07g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 180mg	8%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 5g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 2mg	10%
Potassium 986mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

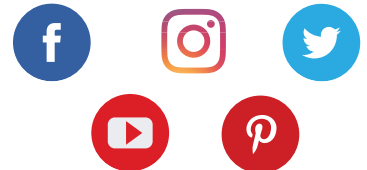
Quick Tips

- ▶ Any variety of potato can be used. Russet or Yukon Gold potatoes are most commonly used for mashing (according to Good Housekeeping).
- ▶ Don't peel your potatoes! The peel provides you with additional fiber.

Directions

- Place potatoes in a stockpot. Add enough water to cover. Cover and bring to a boil until potatoes are tender, about 10-15 minutes. Drain and transfer potatoes to a mixing bowl.
- Add remaining ingredients to the bowl and mash until desired texture is achieved.

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(Recipe adapted from: <https://www.tastefulselections.com>)

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