

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



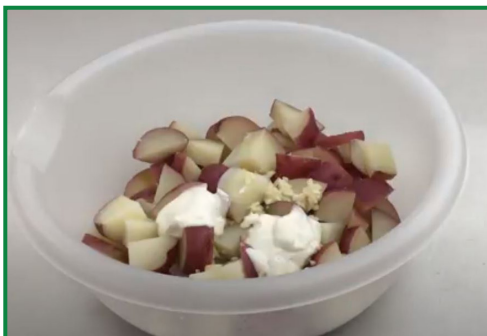
Directions



1. Place potatoes in a stockpot. Add enough water to cover.



2. Cover and bring to a boil until potatoes are tender, about 10-15 minutes.



3. Drain and transfer potatoes to a mixing bowl. Add remaining ingredients.



4. Mash until desired texture is achieved. Enjoy!

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.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP – and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

Virginia Cooperative Extension

Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

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

www.eatsmartmovemoreva.org