

Holiday Recipes for Managing Diabetes

Creamy Mashed Potatoes

NUMBER OF SERVINGS:

6

SERVING SIZE:

1 cup

OVERVIEW:

Potatoes and sour cream are a favorite combination. With this recipe, buttermilk, not sour cream, provides the creamy and tangy flavor. Despite buttermilk sounding high in fat, it actually is low in fat and a great partner for potatoes.

INGREDIENTS:

6 medium russet potatoes, washed, peeled and cut into 2-inch pieces

3 Tbsp stick margarine

0.5 cup low-fat (1%) buttermilk

INSTRUCTIONS:

1. In a large saucepan, simmer the potatoes in enough water to cover until tender, about 15 minutes. Drain well.

2. Add the margarine to the hot potatoes. When melted, 30-60 seconds, mash the potatoes with a potato masher or with an electric mixer until fluffy, 2-3 minutes. Pour the buttermilk on the potatoes and continue mashing until texture is smooth, 2 minutes. Serve immediately.



NUTRITION:

Total Calories:	157
Calories from Fat:	54
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	1 mg
Sodium:	93 mg
Total Carbohydrates:	24 g
Dietary Fiber:	2 g
Sugars:	3 g

