

Crispy Potato Puffs

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Servings: 12

Yield: 2 puffs per serving

4 pounds (about 11 cups) cubed,
peeled potatoes

1/2 cup 2% milk

1/4 cup butter, cubed

1 1/2 teaspoons salt

1/2 cup cheddar cheese, shredded

1 1/2 cups crushed cornflakes

6 tablespoons sesame seeds, toasted

Preparation Time: 35 minutes

Bake: 15 minutes

Place the potatoes in a large saucepan. Add water to cover. Bring to a boil. Reduce the heat. Cook, uncovered, for 10 to 15 minutes or until tender. Drain and return to the pan.

Mash the potatoes, gradually adding the milk, butter and salt. Stir in the cheese. Transfer to a large bowl. Refrigerate, covered, for two hours or until firm.

In a shallow dish, combine the cornflakes and sesame seeds. Shape the potato mixture into 1-1/2-inch balls. Roll in the cornflake mixture. Place on baking sheets. Cover and freeze until firm. Transfer to resealable plastic bags. Freeze for up to three months.

To serve: Preheat the oven to 400 degrees. Place the frozen potato puffs on greased baking sheets. Bake for 15 to 20 minutes or until golden brown and heated.

Per Serving (excluding unknown items): 84 Calories; 8g Fat (81.6% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 340mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):

84

Vitamin B6 (mg):

trace

% Calories from Fat:	81.6%
% Calories from Carbohydrates:	7.4%
% Calories from Protein:	10.9%
Total Fat (g):	8g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	16mg
Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	340mg
Potassium (mg):	43mg
Calcium (mg):	93mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	216IU
Vitamin A (r.e.):	56 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	84	Calories from Fat:	68
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% Daily Values*

Total Fat	8g	12%
Saturated Fat	4g	19%
Cholesterol	16mg	5%
Sodium	340mg	14%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	2%
Protein	2g	
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Vitamin A		4%
Vitamin C		0%
Calcium		9%
Iron		4%

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