

Duchess Potatoes

www.DaisyBrand.com

Servings: 10

Yield: 10 3/4 cup servings

8 medium Russet potatoes

2 eggs

1/2 cup sour cream

1 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon paprika

Preparation Time: 10 minutes

Peel and quarter the potatoes. Place in a three-quart saucepan and cover with water. Bring to a boil over medium-high heat. Cook for 15 to 20 minutes or until easily pierced with a fork. Drain. Place back on the heat and shake the pan just long enough to dry the potatoes.

Heat the oven to 425 degrees, Generously grease a large cookie sheet.

In a medium bowl, whisk the eggs and sour cream together. Mash the potatoes with an electric mixer or hand masher. Add the sour cream mixture, salt and pepper. Beat the potatoes until smooth.

Drop the potatoes by large spoonfuls or pipe the potatoes onto a cookie sheet with a pastry bag, making large mounds on the cookie sheet. Sprinkle the mounds with paprika.

Bake for 12 to 15 minutes or until the potatoes start to brown and the interior temperature reaches 165 degrees.

Remove from the cookie sheet with a spatula.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 87 Calories; 3g Fat (35.3% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 237mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	87
% Calories from Fat:	35.3%
% Calories from Carbohydrates:	51.7%
% Calories from Protein:	13.0%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	48mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	237mg
Potassium (mg):	358mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	12mg
Vitamin A (i.u.):	175IU
Vitamin A (r.e.):	44 1/2RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	14mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 87 Calories from Fat: 31

% Daily Values*

Total Fat 3g	5%
Saturated Fat 2g	9%
Cholesterol 48mg	16%
Sodium 237mg	10%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	4%
Protein 3g	
Vitamin A	3%
Vitamin C	20%
Calcium	2%
Iron	4%

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