

Country-Style Crockpot Mashed Potatoes

Gwen

www.SlowCookerKitchen.com

Servings: 8

2 pounds Yukon Gold or red potatoes, peeled and diced
1/4 cup water
1/4 cup butter
1 container (8 ounce) cream cheese
1/4 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/2 cup milk (or as needed)

Preparation Time: 10 minutes

Slow Cooker: 6 hours

Use the butter to grease the crockpot.

Place the potatoes and water in the slow cooker.

Season with salt, garlic powder and pepper.

Cover and cook on LOW for seven hours or HIGH for three and one-half to four hours.

Add the cream cheese. Mash the potatoes with a potato masher or electric beater. Add the milk, a little at a time, until you get the desired consistency.

Set the crockpot to WARM until ready to serve.

Per Serving (excluding unknown items): 153 Calories; 16g Fat (91.7% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 211mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	153	Vitamin B6 (mg):	trace
% Calories from Fat:	91.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	2.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	16g	Folacin (mcg):	4mcg

Saturated Fat (g): 10g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 47mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 2g
Sodium (mg): 211mg
Potassium (mg): 39mg
Calcium (mg): 26mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 631IU
Vitamin A (r.e.): 178 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 153 **Calories from Fat:** 140

% Daily Values*

Total Fat 16g	24%
Saturated Fat 10g	50%
Cholesterol 47mg	16%
Sodium 211mg	9%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 2g	
Vitamin A	13%
Vitamin C	0%
Calcium	3%
Iron	2%

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