

High Protein, High Calorie Mashed Potatoes

Yield: 3 Servings



Ingredients:

- Water $\frac{1}{2}$ medium pot (about 3 cups / 750 mL)
- Potatoes (Russet or Yellow) diced, eyes and blemishes removed 2 medium
- Butter $\frac{1}{3}$ cup (80 mL)
- Whole milk 2 Tbsp. (30 mL)
- Unflavoured protein powder $\frac{1}{4}$ cup (60 mL)

Instructions:

1. Add water to a medium pot until it is about half full.
2. Place over medium-high heat. Cover, and bring to a boil.
3. Add the diced potatoes to the boiling water. Leave them to cook until the potatoes are tender (about 10 minutes).
4. Use a fork to test. If the fork goes into the potato easily, they are cooked.
5. Turn off the heat, drain using a colander, and then return the cooked potatoes to the pot.
6. Add butter, whole milk and unflavored protein powder to the potatoes. Mash using a hand mixer or a potato masher.
7. Serve warm.

Equipment List:

- Small pot
- Heat proof spoon
- Spatula
- Set of measuring cups
- Set of measuring spoons
- Liquid measuring cup
- Bowl and spoon for serving



Nutrition Facts

Per $\frac{1}{2}$ cup

Calories 280 % Daily Value*

Fat 21 g 27 %

Saturated 13 g 70 %

+Trans 1 g

Carbohydrate 18 g

Fibre 2 g 7 %

Sugars 1 g 2 %

Protein 7 g

Cholesterol 55 mg

Sodium 180 mg 8%

Potassium 330 mg 8 %

Calcium 42 mg 4 %

Iron 0 mg 0 %

*5% or less is **a little**, 15% or more is **a lot**

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