



Mashed Potatoes-on-a-Stick

READY IN



60 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1 pouch potatoes mashed (your choice in flavor)
- ☐ 2 cups water hot
- ☐ 1 serving cheese shredded
- ☐ 1 pieces bacon cooked
- ☐ 1 serving vegetable oil for deep frying
- ☐ 1 eggs
- ☐ 1 cup milk
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 bamboo skewers

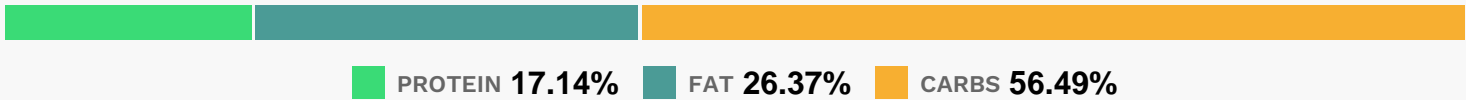
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ skewers
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Make mashed potatoes as directed on pouch, using 2 cups hot water. If desired, stir in a handful of shredded cheese or bacon pieces. Refrigerate 15 minutes to cool.
- ☐ Cover cookie sheet with waxed paper. With hands, shape 18 to 21 balls using 2 tablespoons potato mixture for each.
- ☐ Place on cookie sheet. Freeze potato balls 30 minutes to set.
- ☐ Meanwhile, in Dutch oven or deep-fat fryer, heat oil to 350°F. In medium bowl, beat egg and milk; stir in flour, salt and baking powder until smooth.
- ☐ In batches of 4 or 5, dip each potato ball into batter; tap off excess against side of bowl. Fry about 4 minutes, turning once. With slotted spoon, remove from oil; set on paper towels. Thread 3 potato balls onto each skewer.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:12.45, Inflammation Score:-2, Nutrition Score:5.7160870117014%

Nutrients (% of daily need)

Calories: 130.3kcal (6.51%), Fat: 3.78g (5.81%), Saturated Fat: 1.72g (10.78%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 17.62g (6.41%), Sugar: 2.11g (2.34%), Cholesterol: 36.01mg (12%), Sodium: 520.61mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Selenium: 10.97µg (15.67%), Vitamin B1: 0.19mg (12.8%), Calcium: 122.72mg (12.27%), Vitamin B2: 0.21mg (12.14%), Phosphorus: 110.21mg (11.02%), Folate: 41.96µg (10.49%), Manganese: 0.15mg (7.5%), Iron: 1.2mg (6.66%), Vitamin B12: 0.39µg (6.55%), Vitamin B3: 1.3mg (6.52%), Vitamin D: 0.61µg (4.09%), Zinc: 0.56mg (3.76%), Vitamin B5: 0.37mg (3.65%), Magnesium: 12.39mg (3.1%), Potassium: 99.5mg (2.84%), Vitamin A: 137.22IU (2.74%), Vitamin B6: 0.05mg (2.55%), Copper: 0.05mg (2.53%), Fiber: 0.58g (2.33%), Vitamin K: 1.18µg (1.12%), Vitamin E: 0.16mg (1.09%)