

Southern Mashed Potatoes

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-mashed-potatoes-recipe-paula-deen>

Ingredients:

- 3 pounds potatoes peeled and boiled
- milk splash of
- 1 whole butter stick of
- salt
- pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 56 grams
3. Fiber: 7 grams
4. Protein: 7 grams
5. Sodium: 220 milligrams
6. Sugar: 4 grams

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