



POTATO PUREE

 30 minutes 6 portions

INGREDIENTS

- 1200 grams of potatoes, raw, skin
- 20 grams of butter, salted
- 500 grams of beverages, water, tap, well

COOKING METHOD

1° 1. Peel and cut the potatoes into quarters. 2. Put the potatoes in casserole with water and salt. 3. Close the cover, lower the heat and cook for 20 minutes. 4. Mash the potatoes with mixer without removing the water. Beat in butter and serve warm.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [287 g]	% DRI
ENERGY	49 kcal	141 kcal	7 %
FAT	1 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	2 mg	7 mg	2 %
SODIUM	17 mg	49 mg	2 %
CARBOHYDRATE	9 g	25 g	8 %
SUGARS	0 g	0 g	–
FIBER	2 g	5 g	20 %
PROTEIN	2 g	5 g	–