



Supermarket Guide

Hot Potato!

Potato dishes are a traditional winter comfort food. They have enough flavor to be eaten just as they are—baked or boiled—and they're neutral enough to be seasoned and prepared in countless other ways. But what if you just don't have the time or desire to peel, chop, boil, bake, or roast potatoes? Can you still enjoy their velvety goodness? Yup! Grocery stores are chock full of a variety of potato side dishes on shelves, and in refrigerators and freezers.

Today's convenient potato dishes can still fit into a healthy eating plan, if you choose wisely. There are several that are low in fat and sodium and made without artificial ingredients. These potato products can easily be a part of a balanced meal. But, of course, there are many potato dishes that are indulgent, containing almost a third of a day's sodium and a good deal of fat. Fortunately, we've cruised the supermarket aisles to get the lowdown on what you need to know about potato side dishes.



Helpful hints. Keep the tips below in mind when considering a potato dish for a quick and easy side.

- **Read the ingredients.** While always a good idea, in this instance it really can make a big difference. Several potato side dishes are great choices, and contain little more than potatoes and perhaps some milk or salt. But many also contain too many ingredients to count, most of which you wouldn't find in your own cupboards.
- **Go cold.** Many of the potato dishes found in the refrigerator or freezer section of the grocery store tend to have fewer ingredients and a better nutrient profile than those found in the dry grocery aisles.
- **Simplify.** Do you prefer flavored potatoes over plain? No problem. Choose a plain potato dish and then add your own favorite seasonings, such as chives, a sprinkle of real cheese, and some sautéed onions. This way you'll get more real ingredients and fewer artificial flavorings.
- **Microwave bakers.** For a quick, economical and healthy potato dish, microwave "baked" potatoes. Just slit the top of a clean potato and cook on high for 10 – 12 minutes until tender.

—Heidi McIndoo, MS, RD

Potato Dishes Nutrition Comparison

✓ = **EN's Picks.** Picks contain no more than 160 calories (8% DV), 3.5 g fat (5% DV), 1.5 g saturated fat (8% DV), and 450 mg sodium (19% DV).

POTATO DISHES	Size	Calories	Fat (g)	Sat Fat (g)	Carb (g)	Sodium (mg)	Protein (g)	Fiber (g)
REFRIGERATED								
Bob Evans Mashed Potatoes	½ c	150	7	3.5	20	410	3	2
✓ Crystal Farms Simply Potatoes Mashed Potatoes	½ c	110	1	0	22	160	2	2
✓ Crystal Farms Simply Potatoes Shredded Hash Browns	½ c	70	0	0	16	55	1	2
Hormel Country Crock Garlic Mashed Potatoes	¾ c	140	7	3	18	450	2	1
Hormel Country Crock Homestyle Mashed Potatoes	¾ c	140	6	3	20	720	2	1
Hormel Country Crock Loaded Mashed Potatoes	¾ c	190	11	5	18	440	4	1
FROZEN								
✓ Alexia Oven Reds	8 pc	120	3.5	0.5	19	260	3	2
✓ Columbia River Organics Organic Sweet Potatoes	4 oz	96	0	0	22	6	2	2
✓ Earthbound Farm Organic Roasted Red Potatoes	¾ c	100	0	0	23	10	3	2
Larry's Cheddar Cheese Mashed Potatoes	1 tray	190	8	2	27	310	3	1
Mrs. T's Potato & 4 Cheese Pierogies	3	220	7	1.5	34	540	6	1
✓ Mrs. T's Potato & Onion Pierogies	3	160	2	0	32	390	5	1
Mrs. T's Sweet Potato Pierogies made with Whole Grain	3	190	3	0.5	36	330	5	3
Ore Ida Roasted Original	2.6 oz	120	4.5	1	19	310	2	2
Ore Ida Simply Olive Oil and Sea Salt Country Style Fries	3 oz	130	4.5	1	19	290	2	2
✓ Ore Ida Simply Roasted Garlic & Herb Homestyle Wedges	3 oz	120	3.5	0.5	20	290	2	2
✓ Ore Ida Steam n' Mash Cut Russet Potatoes	¾ c	70	0	0	16	260	2	2
Trader Joe's Country Potatoes, Haricots Verts & Wild Mushrooms	½ c	130	6	2	18	300	2	3
Trader Joe's Garlic Potatoes with Parmesan Sauce	¾ c	160	7	4	25	120	3	4
✓ Trader Joe's Mashed Potatoes	4 oz	90	2	1.5	16	300	2	2
✓ Trader Joe's Roasted Potatoes with Roasted Peppers & Onions	¾ c	70	1	0	14	330	2	3
DRY (PREPARED, AS DIRECTED ON PACKAGE)								
Betty Crocker Au Gratin	½ c	150	5	1.5	23	500	2	1
Betty Crocker Butter & Herb, 100% Real Mashed Potatoes	¾ c	140	7	4	18	470	2	1
Betty Crocker Cheesy Scalloped	½ c	140	5	1	22	480	2	1
Betty Crocker Loaded Casserole	¾ c	150	6	1.5	23	510	2	1
Betty Crocker Loaded Mashed, 100% Real Mashed Potatoes	¾ c	160	8	5	18	530	2	1
Betty Crocker Potato Buds	¾ c	140	6	1.5	20	440	2	1
Betty Crocker Roasted Garlic, 100% Real Mashed Potatoes	¾ c	140	6	4	18	320	2	1
✓ Betty Crocker Scalloped	¾ c	130	3	1	23	450	2	1
Betty Crocker Simple Recipe Potatoes Cheddar & Sour Cream	¾ c	80	1	0.5	17	480	2	1
Betty Crocker Simple Recipe Potatoes Homestyle Creamy Butter	¾ c	80	1	0.5	18	460	1	1
Betty Crocker Ultimate Au Gratin	½ c	160	8	4	22	440	3	2
Betty Crocker Ultimate Loaded Mashed Potatoes Cheddar	¾ c	140	6	3	18	440	2	1
Betty Crocker Ultimate Loaded Mashed Potatoes Loaded	¾ c	140	6	3	18	410	2	1
Hungry Jack Mashed Potatoes	½ c	150	6	2	20	360	2	1
Hungry Jack Premium Hashbrown Potatoes	½ c	100	5	0	14	280	1	1
Idahoan Applewood Smoked Bacon Homestyle Casserole	½ c	150	6	1.5	21	720	3	1
✓ Idahoan Baby Reds Flavored Mashed Potatoes	½ c	110	3	1	21	400	2	2
Idahoan Four Cheese Mashed Potatoes	½ c	110	2.5	1	20	590	2	1
Idahoan Original Mashed Potatoes	½ c	180	7	1	27	500	2	1
Velveeta Cheesy Bacon Scalloped Potatoes	½ c	200	7	2.5	26	780	6	2

Note: c=cup, oz=ounce, pc=piece, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels.