

Yummy Mashed Potatoes

Ingredients

6-8 medium red potatoes, washed and cut into fourths
 1 T avocado or olive oil
 1/4 c water
 1 t. Live by Heart™ Artisan Spice Blend
 1/2 t. salt



Directions

Pre-heat oven to 350 degrees
 Place potatoes in a 2-quart casserole dish and sprinkle with oil, spice blend and salt. Mix to blend. Add 1/4 c. water around edge of dish and cover with lid or foil. Bake in 350-degree oven for 1 hour or until potatoes are tender

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	256
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 50.8g	18%
Dietary Fiber 5.4g	19%
Total Sugars 3.2g	
Protein 6g	
Vitamin D 0mcg	0%
Calcium 33mg	3%
Iron 2mg	13%
Potassium 1454mg	31%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
<small>Recipe analyzed by verywell</small>	