

Cinnamon Carrots



Low in fat
Zero trans fat
Zero cholesterol

Cinnamon Carrots

Number of portions: **3.5** Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Carrots, canned	14 1/2 oz.	Mix water and dry Butter Buds together. Stir until smooth.
Butter Buds,® dry mix	1/2 tbsp.	Place carrots, cinnamon and Butter Buds sauce in saucepan.
Water, hot tap	2 tbsp.	Mix and heat on medium heat for 5-7 minutes.
Cinnamon, ground	1 tsp.	Serve hot.

Nutritional Information

Calories	35 kcal	Iron	0.81 mg	Protein	0.78 g	8.81% Calories from protein
Cholesterol	0.00 mg	Calcium	37.06 mg	Carbohydrates	7.96 g	89.76% Calories from carbohydrates
Sodium	316.69 mg	Vitamin A	13121.13 IU	Total Fat	0.23 g	5.89% Calories from total fat
Dietary Fiber	2.16 g	Vitamin A	1617.45 RE	Saturated Fat	0.04 g	1.14% Calories from saturated fat
Water¹	117.69 g	Vitamin C	3.20 mg	Trans Fat¹	*0.01* g	*N/A*% Calories from trans fat
Ash¹	0.83 g					

Note: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values