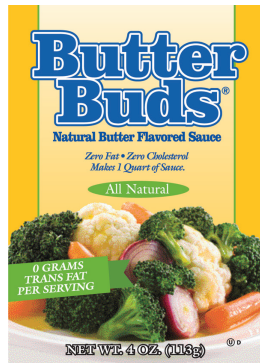


Frozen Peas and Carrots with Butter Buds®



Low in fat
Zero trans fat
Zero cholesterol

Frozen Peas and Carrots with Butter Buds®

Number of portions: **64** Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Frozen Peas & Carrots	11 lb, 8 oz	Cook vegetables according to package directions.
Butter Buds, dry mix	1 cup	Mix Butter Buds dry mix with hot water in mixing bowl. Stir until well blended. Pour over cooked vegetables and toss gently.
Water, hot	1 qt	

Nutritional Information

Calories	47 kcal	Cholesterol	0.00 mg	Protein	2.52 g	6.61 % Calories from total fat
Calcium	19.19 mg	Total Fat	0.34 g	Sodium	112.12 g	1.21 % Calories from saturated fat
Vitamin A	632.48 RE	Iron	0.77 mg	Saturated Fat	0.06 g	*N/A* % Calories from trans fat
Carbohydrates	9.75 g	Vitamin A	7754.37 IU	Water¹	84.70 g	83.64 % Calories from carbohydrates
Trans Fat¹	*0.00* g	Dietary Fiber	2.53 g	Vitamin C	6.60 mg	21.61 % Calories from protein
Ash¹	0.48 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