

Cauliflower with Cheddar Buds®



Low in fat
Zero trans fat
Zero cholesterol

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Number of portions: **16** Size of portion: **1/2 Cup**

Ingredient	Measure	Procedure
Cauliflower, frozen	8 cups, 1" pieces	Steam cauliflower until tender.
Water, hot tap	1 qt	Combine Cheddar Buds dry mix and hot water together in mixing bowl. Stir until well blended. Pour over steamed cauliflower. Serve hot.
Cheddar Buds sauce mix, dry	2 cups	

Nutritional Information

Calories	56	Iron	0.36 mg	Protein	1.33 g	9.49% Calories from protein
Cholesterol	5.00 mg	Calcium	56.29 mg	Carbohydrates	11.09 g	79.29% Calories from carbohydrates
Sodium	347.61 mg	Vitamin A	7.92 IU	Total Fat	0.18 g	2.87% Calories from total fat
Dietary Fiber	1.52 g	Vitamin A	1.98 RE	Saturated Fat	0.03 g	0.44% Calories from saturated fat
Trans Fat¹	*0.00* g	Vitamin C	32.21 mg	Trans Fat¹	*0.00* g	*N/A*% Calories from trans fat
Ash	0.41 g	Water¹	120.14 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