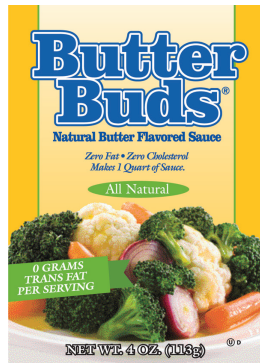


Corn-on-the-Cob with Butter Buds®



Low in fat
Zero trans fat
Zero cholesterol

Corn-on-the-Cob with Butter Buds®

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

Ingredient	Measure	Procedure
Corn on the Cob; cooked & drained	64 ear, yields	Cook according to label instructions.
Butter buds sauce mix, dry	4 oz (pkg)	Mix 1 pkg (4oz) of Butter Buds dry mix with 1 quart hot tap water. 1 pkg yeilds 2lbs of sauce. Pour over vegetables and serve hot.
Water, hot tap	1 qt	

Nutritional Information

Calories	62	Iron	0.38 mg	Protein	1.96 g	12.61% Calories from protein
Cholesterol	0 mg	Calcium	2.04 mg	Carbohydrates	14.66 g	94.31% Calories from carbohydrates
Sodium	173.50 mg	Vitamin A	2.52 IU	Total Fat	0.47 g	6.75% Calories from total fat
Dietary Fiber	1.76 g	Vitamin A	0.0 RE	Saturated Fat	0.07 g	1.04% Calories from saturated fat
		Vitamin C	3.02 mg	Trans fat	0.00* g	% Calories from trans fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data