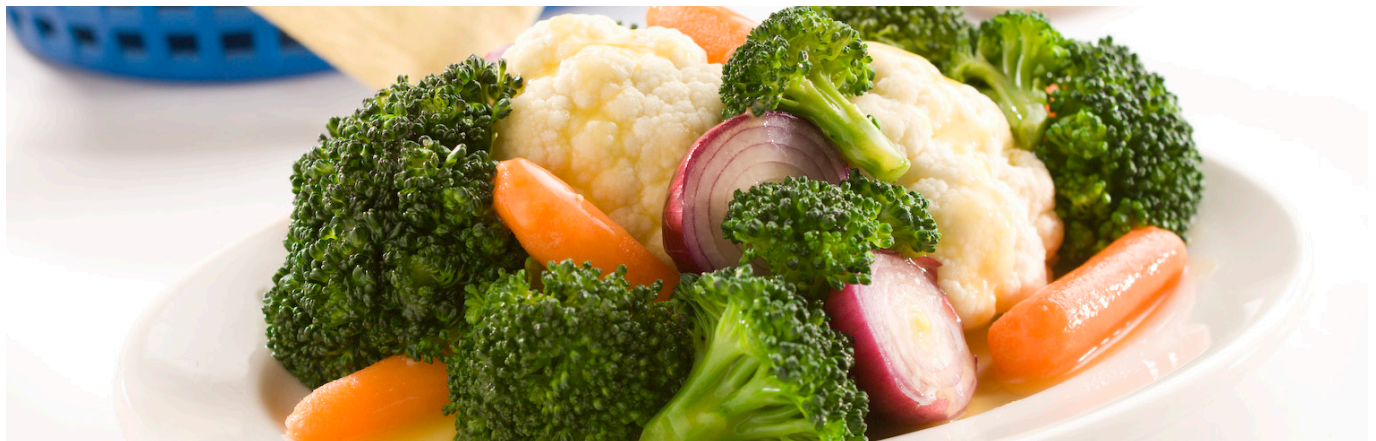


# Vegetable Medley with Butter Buds



## Vegetable Medley with Butter Buds

Number of portions: **220**    Size of portion: **1/4 Cup**

Ingredient	Measure	Procedure
Mixed vegetables, frozen	24 lb	Cook according to label instructions. Drain.
Butter Buds sauce mix, dry	1 (4 oz packet)	Mix 1 pkg (4oz) of Butter Buds dry mix with 1 quart hot tap water. 1 pkg yields 2lbs of sauce.
Water, hot tap	1 qt	Pour over vegetables and serve hot.

### Nutritional Information

<b>Calories</b>	35	<b>Iron</b>	0.41 mg	<b>Protein</b>	1.42 g	16.29% Calories from protein
<b>Cholesterol</b>	0 mg	<b>Calcium</b>	12.50 mg	<b>Carbohydrates</b>	6.99 g	80.51% Calories from carbohydrates
<b>Sodium</b>	36.78 mg	<b>Vitamin A</b>	2116.38 IU	<b>Total Fat</b>	0.07 g	1.92% Calories from total fat
<b>Dietary Fiber</b>	2.18 g	<b>Vitamin A</b>	211.79 RE	<b>Saturated Fat</b>	0.02 g	0.40% Calories from saturated fat
		<b>Vitamin C</b>	1.58 g	<b>Trans Fat</b>	0.00* g	% Calories from trans fat

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