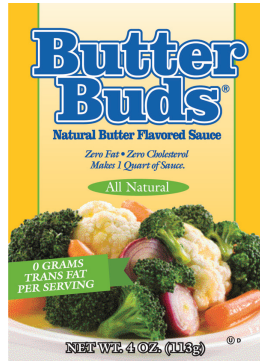


# Baked Potato with Buttery Sauce



Low in fat  
Zero trans fat  
Zero cholesterol

## Baked Potato with Buttery Sauce

Number of portions: **1** Size of portion: **Each**

Ingredient	Measure	Procedure
Potatoes, baked	1 medium (2.25" - 3.25")	Slice potato down center.
Butter Buds,® dry mix	2 tsp.	Combine dry Butter Buds mix and water. Stir until smooth.
Water, hot	2 tbsp.	Pour 2 tbsp. of prepared Butter Buds sauce on sliced baked potato.

### Nutritional Information

<b>Calories</b>	181 kcal	<b>Iron</b>	1.87 mg	<b>Protein</b>	4.33 g	9.56% Calories from protein
<b>Cholesterol</b>	0.00 mg	<b>Calcium</b>	26.84 mg	<b>Carbohydrates</b>	40.59 g	89.76% Calories from carbohydrates
<b>Sodium</b>	168.19 mg	<b>Vitamin A</b>	17.30 IU	<b>Total Fat</b>	0.22 g	1.12% Calories from total fat
<b>Dietary Fiber</b>	3.81 g	<b>Vitamin A</b>	0.00 RE	<b>Saturated Fat</b>	0.07 g	0.34% Calories from saturated fat
<b>Water</b> <sup>1</sup>	159.10 g	<b>Vitamin C</b>	16.61 mg	<b>Trans Fat</b> <sup>1</sup>	*0.00* g	*N/A*% Calories from trans fat
<b>Ash</b> <sup>1</sup>	2.33 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

<sup>1</sup> - denotes optional nutrient values