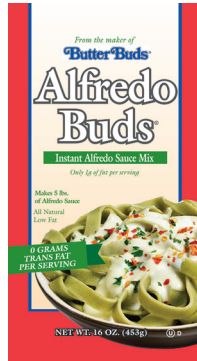


# Alfredo Sauce



Low in fat  
Zero trans fat  
Zero cholesterol

## Alfredo Sauce

Number of portions: **40**    Size of portion: **1/4 Cup**

Ingredient	Measure	Procedure
Alfredo Buds, dry mix	1 Bag, 1 lb	Mix 1lb bag of Alfredo Buds with two quarts of hot tap water and stir until smooth.
Water, hot tap	2 qt	For the approximate smaller portions use the following: 4 cups of sauce = 16 oz Cheddar Buds (1/2bag) + 32 oz water 2 cups of sauce = 8 oz (dry wt) Cheddar Buds + 16 oz water 1 cup of sauce = 4 oz (dry wt) Cheddar Buds + 8 oz water  Suggested uses: Pasta, Potatoes, Rice, Pizza Sauce, Dipping Sauce, Chicken, Turkey, with black pepper as a gravy, as a soup base.

### Nutritional Information

<b>Calories</b>	41	<b>Iron</b>	0.00 mg	<b>Protein</b>	0.00 g	0.0% Calories from protein
<b>Cholesterol</b>	5 mg	<b>Calcium</b>	63.27 mg	<b>Carbohydrates</b>	8.25 g	80.00% Calories from carbohydrates
<b>Sodium</b>	331 mg	<b>Vitamin A</b>	0.0 IU	<b>Total Fat</b>	1.03 g	22.50% Calories from total fat
<b>Dietary Fiber</b>	0.00 g	<b>Vitamin A</b>	0.0 RE	<b>Saturated Fat</b>	0.00 g	0.0% Calories from saturated fat
		<b>Vitamin C</b>	0.00 mg	<b>Trans Fat<sup>1</sup></b>	0.00* g	0.0% Calories from trans fat

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