

# Cheddar Buds® Cheese Sauce



Low in fat  
Zero trans fat  
Zero cholesterol

## Cheddar Buds® Cheese Sauce

Number of portions: **82**    Size of portion: **1/4 Cup**

Ingredient	Measure	Procedure
Cheddar Buds,® dry mix	2 lb. bag	Mix 2 lb. bag with 4 quarts hot tap water. 1 pkg yields 10 lbs. of sauce.  For the approximate smaller portions use the following: 8 cups of sauce = 16 oz Cheddar Buds (1/2bag) + 64 oz water 4 cups of sauce = 8 oz (dry wt) Cheddar Buds + 32 oz water 1 cup of sauce = 1/2 cup Cheddar Buds + 1 cup water  Serving Suggestions: On top of mashed potatoes, baked potatoes, served over broccoli and other vegetables, as a soup base.
Water, hot	4 qts.	

### Nutritional Information

<b>Calories</b>	40	<b>Iron</b>	0.00 mg	<b>Protein</b>	0.00 g	% Calories from protein
<b>Cholesterol</b>	5 mg	<b>Calcium</b>	41.62 mg	<b>Carbohydrates</b>	8.05 g	79.80% Calories from carbohydrates
<b>Sodium</b>	333 mg	<b>Vitamin A</b>	0.0 IU	<b>Total Fat</b>	0.00 g	% 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	% Calories from saturated fat
		<b>Vitamin C</b>	0.11 mg	<b>Trans Fat</b>	0.00* g	% Calories from trans fat

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