

# BUTTER BUDS®

## CINNAMON CARROTS

Number of portions: 3.5    Size of portion: 1/2 Cup

Carrots, canned	14 ½ oz	Mix water and dry Butter Buds® together. Stir until smooth.
<b>Butter Buds®</b> , dry mix	½ tbsp.	Place carrots, cinnamon and Butter Buds® sauce in
Water, hot tap	2 tbsp	saucepan.
Cinnamon, ground	1 tsp	Mix and heat on medium heat for 5-7 minutes.
		Serve hot.

### ***Nutritional Information***

Calories 35 kcal Iron 0.81 mg Protein 0.78 g 8.81% Calories from protein Cholesterol 0.00 mg Calcium 37.06 mg Carbohydrates 7.96 g 89.76% Calories from carbohydrates Sodium 316.69 mg Vitamin A 13121.13 IU Total Fat 0.23 g 5.89% Calories from total fat Dietary Fiber 2.16 g Vitamin A 1617.45 RE Saturated Fat 0.04 g 1.14% Calories from saturated fat Water<sup>1</sup> 117.69 g Vitamin C 3.20 mg Trans Fat<sup>1</sup> \*0.01\* g \*N/A\*% Calories from trans fat Ash<sup>1</sup> 0.83 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*