

BUTTER BUDS®

FROZEN PEAS AND CARROTS WITH BUTTER BUDS®

Number of portions: 64 Size of portion: 1/2 Cup

Frozen Peas & Carrots	11lb, 8 oz	Cook vegetables according to package directions.
Butter Buds® , dry mix	1 cup	Mix Butter Buds® dry mix with hot water in mixing bowl. Stir
Water, hot	1 qt	until well blended. Pour over cooked vegetables and toss
		gently.

Nutritional Information

Calories 47 kcal Cholesterol 0.00 mg Protein 2.52 g 6.61% Calories from total fat Calcium 19.19 mg Total Fat 0.34 g Sodium 112.12 g 1.21% Calories from saturated fat Vitamin A 632.48 RE Iron 0.77 mg Saturated Fat 0.06 g *N/A*% Calories from trans fat Carbohydrates 9.75 g Vitamin A 7754.37 IU Water¹ 84.70 g 83.64% Calories from carbohydrates Trans Fat¹ *0.00* g Dietary Fiber 2.53 g Vitamin C 6.60 mg 21.61% Calories from protein Ash¹ 0.48 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*

¹ - denotes optional nutrient values