

# BUTTER BUDS®

## ALFREDO SAUCE

**Alfredo Buds®**, dry mix  
Water, hot tap

1 bag, 1 lb.  
2 quarts

Mix 1lb bag of Alfredo Buds® with two quarts of hot tap water and stir until smooth.

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*

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

### ***Nutritional Information***

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

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