

BUTTER BUDS®

EASY CHEESY BROCCOLI (FROZEN)

Number of portions: 38 Size of portion: 1/2 Cup

Broccoli, chopped, frozen	8 lbs	Steam broccoli until done.
Cheddar Buds® , dry mix	4 oz	Combine Cheddar Buds® (dry) with warm water in sauce pan. Pour over broccoli in serving pan.
Water, warm	16 fl. oz	OPTIONAL: For a thicker sauce reduce water to 8oz. Alternative #1: May substitute milk for water. Alternative #2: May use fresh or frozen broccoli CCP: Hold for hot service at 135° or higher

Nutritional Information

Calories 36 Iron 0.77 mg Protein 2.68 g 30.06% Calories from protein Cholesterol 1 mg Calcium 64.70 mg
Carbohydrates 6.73 g 75.45% Calories from carbohydrates Sodium 113 mg Vitamin A 987.4 IU Total Fat
0.28g 6.98% Calories from trans fat Dietary Fiber 2.86 g Vitamin A 197.7 RE Saturated Fat 0.04 g 1.06%
Calories from saturated fat Vitamin C 53.86 mg Trans Fat 0.00*g % Calories from trans fat

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