

# Buffalo Mashed Potatoes with Butter Buds®

Group: Vegetables

Number of portions: 20

Size of portions: 1/2 Cup



## INGREDIENTS

## MEASURE

Buttermist® Food and Pan Spray	
Potato Pearls, Smart Serving	26.5 oz.
Butter Buds, Dry	1/2 Cup
Hot Tap Water	4 qt.
Frank's® Red Hot Sauce®	4 oz.

## PREPARATIONS

- Spray 4" deep 1/3 pan with Buttermist.
- Pour hot water and Frank's Red Hot Sauce into the pan.
- Add potatoes and Butter Buds.
- Stir for 15-20 seconds making sure to cover all four corners.
- Allow to sit for 5 minutes, holding at temperature for serving.

## Nutritional Information

Nutrients are based upon 1 Portion Size (1/2 Cup)

<b>Calories</b>	157 kcal	<b>Cholesterol</b>	0.00 mg	<b>Protein</b>	2.90 g	<b>Calcium</b>	5.69mg	8.31% Calories from Total Fat
<b>Total Fat</b>	145 g	<b>Sodium</b>	509.20 mg	<b>Vitamin A</b>	0 RE	<b>Iron</b>	0.52mg	0.00% Calories from Saturated Fat
<b>Saturated Fat</b>	0.00 g	<b>Carbohydrate</b>	31.43 g	<b>Vitamin A</b>	0 IU	<b>Water<sup>1</sup></b>	*189.41* g	*0.00%* Calories from Trans Fat
<b>Trans Fat<sup>1</sup></b>	*0.00 g	<b>Dietary Fiber</b>	32.90 g	<b>Vitamin C</b>	*43.54 mg	<b>Ash<sup>1</sup></b>	*0.19* g	80.00% Calories from Carbohydrates
								7.39% Calories from Protein

**Allergens**  
Contains milk

\*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

