

# Buttered Broccoli Cuts

with **Butter Buds**®

**Group: Vegetables**

Number of Portions: 200

Size of Portions: 1/2 Cup



## INGREDIENTS

## MEASURE

Broccoli Cuts	20 lb.
<b>Butter Buds</b> , Dry	4 oz.
Hot Tap Water	1 qt.

## PREPARATIONS

Cook broccoli according to directions on package. Drain well. Keep Warm.

Mix Butter Buds with hot tap water with a whisk to reconstitute. Pour over cooked vegetables. Hold at temperature for serving.

Note: Yield 5 cups broccoli per pound of cuts = 10 half cup servings per pound.

## Nutritional Information

Nutrients are based upon 1 Portion Size:

<b>Calories</b>	16 kcal	<b>Cholesterol</b>	0.00 mg	<b>Protein</b>	1.41 g	<b>Calcium</b>	15.11 mg	3.15% Calories from Total Fat
<b>Total Fat</b>	0.05 g	<b>Sodium</b>	26.39 mg	<b>Vitamin A</b>	85.73 RE	<b>Iron</b>	0.28 mg	0.47% Calories from Saturated Fat
<b>Saturated Fat</b>	0.01 g	<b>Carbohydrate</b>	2.99 g	<b>Vitamin A</b>	458.58 IU	<b>Water</b> <sup>1</sup>	45.89 g	0.00%* Calories from Trans Fat
<b>Trans Fat</b> <sup>1</sup>	0.00 g	<b>Dietary Fiber</b>	8.45 g	<b>Vitamin C</b>	18.19 mg	<b>Ash</b> <sup>1</sup>	0.33 g	77.08% Calories from Carbohydrates
								36.20% 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

