

BUTTER BUDS®

CORN-ON-THE-COB WITH BUTTER BUDS®

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

Corn on the Cob, 64 ear, yields Cook according to label instructions.
cooked & drained

Butter Buds® sauce mix, dry	4 oz (pkg)	Mix 1 pkg (4oz) of Butter Buds® dry mix with 1 quart hot tap water. 1 pkg yields 2lbs of sauce. Pour over vegetables and serve hot.
Water, hot tap	1 qt.	

Nutritional Information

Calories 62 Iron 0.38 mg Protein 1.96 g 12.61% Calories from protein Cholesterol 0 mg Calcium 2.04 mg
Carbohydrates 14.66 g 94.31% Calories from carbohydrates Sodium 173.50 mg Vitamin A 2.52 IU Total
Fat 0.47 g 6.75% Calories from total fat Dietary Fiber 1.76 g Vitamin A 0.0 RE Saturated Fat 0.07 g 1.04%
Calories from saturated fat Vitamin C 3.02 mg Trans fat 0.00* g % Calories from trans fat

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