

BUTTER BUDS®

BAKED POTATO WITH BUTTERY SAUCE

Number of portions: 1 Size of portion: Each

Potatoes, Baked	1 medium 2.25" – 3.25"	Slice potato down center
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Butter Buds® , dry mix	2 tsp	Combine dry Butter Buds® mix and water. Stir until smooth. Pour 2 tbsp. of prepared Butter Buds® sauce on sliced baked potato.
Water, hot	2 tbsp	

Nutritional Information

Calories 181 kcal Iron 1.87 mg Protein 4.33 g 9.56% Calories from protein Cholesterol 0.00 mg Calcium 26.84 mg Carbohydrates 40.59 g 89.76% Calories from carbohydrates Sodium 168.19 mg Vitamin A 17.30 IU Total Fat 0.22 g 1.12% Calories from total fat Dietary Fiber 3.81 g Vitamin A 0.00 RE Saturated Fat 0.07 g 0.34% Calories from saturated fat Water¹ 159.10 g Vitamin C 16.61 mg Trans Fat¹ *0.00* g *N/A*% Calories from trans fat Ash¹ 2.33 g

*Note: *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*

¹ - denotes optional nutrient values