

# BUTTER BUDS®

## CAULIFLOWER WITH CHEDDAR BUDS®

Number of portions: 16    Size of portion: 1/2 Cup

Cauliflower, frozen    8 cups, 1" pieces    Steam cauliflower until tender

---

Water, hot tap    1 qt.    Combine Cheddar Buds® dry mix and hot water together in mixing bowl. Stir until well blended. Pour over steamed cauliflower. Serve hot.  
**Cheddar Buds®**, dry mix    2 cups

### **Nutritional Information**

Calories 56 Iron 0.36 mg Protein 1.33 g 9.49% Calories from protein Cholesterol 5.00 mg Calcium 56.29 mg Carbohydrates 11.09 g 79.29% Calories from carbohydrates

Sodium 347.61 mg Vitamin A 7.92 IU Total Fat 0.18 g 2.87% Calories from total fat Dietary Fiber 1.52 g Vitamin A 1.98 RE Saturated Fat 0.03 g 0.44% Calories from saturated fat Trans Fat<sup>1</sup> \*0.00\* g Vitamin C 32.21 mg Trans Fat<sup>1</sup> \*0.00\* g \*N/A\*% Calories from trans fat Ash 0.41 g Water<sup>1</sup> 120.14 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*

*<sup>1</sup> - denotes optional nutrient values*