

# BUTTER BUDS®

## KING RANCH CHICKEN WITH CHEDDAR BUDS®

Number of portions: 12    Size of portion: 3" X 3"

Tortillas, corn	18 tortilla	Preheat oven to 350°F
Chicken, cooked & diced	1lb + 8oz	Spray bottom and sides of 9"x13" baking dish with
Diced Tomatoes & Chiles (Rotel Brand)	10 ½ oz	Buttermist Spray.
Cream of Chicken Soup	10 ½ oz	Blend soup, tomatoes and chicken broth together until
Chicken Broth, canned	½ cup	smooth.
Cheddar Cheese, lowfat, shredded	¼ cup, shredded	In mixing bowl combine Cheddar Buds® dry mix and hot
<b>Cheddar Buds®</b> , dry mix	7/8 cup	water.
Water, hot	1 ¾ cup	Stir until well blended.
<b>Buttermist®</b> Food & Pan Spray		Layer chicken, tortillas, Cheddar Buds® sauce and soup mixture. Repeat layers ending with the grated cheese.
		Bake 1 hour, uncovered.
		Place in warmer for hot hold.

### **Nutritional Information**

Calories 252 kcal Iron 1.44 mg Protein 20.99 g 33.38% Calories from protein Cholesterol 57.70 mg Calcium  
101.83 mg Carbohydrates 23.97 g 38.11% Calories from carbohydrates Sodium 520.94 mg Vitamin A  
186.31 IU Total Fat 7.38 g 26.40% Calories from total fat Dietary Fiber 2.49 g Vitamin A 36.89 RE  
Saturated Fat 1.95 g 6.97% Calories from saturated fat Trans Fat<sup>1</sup> \*0.00\* g Vitamin C 1.39 mg Trans Fat<sup>1</sup>  
\*0.00\* g \*N/A\*% Calories from trans fat Ash \*1.30\* g Water<sup>1</sup> \*112.91\* 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*