

Cheesy Vegetables

Nutrition Facts

Servings Per Container	
Serving size	(170g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0mg	0%
Potassium 109mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS (Yield: 53 servings)

	SERVING	
1 #10 Can	2 oz	Muy Fresco Reduced Sodium Cheddar Cheese Sauce
13 lb 5 oz	4 oz	Mixed Vegetables, Frozen

DIRECTIONS

- Blanch mixed vegetables in boiling water to heat
- Mix with warm cheese sauce
- Keep warm

CONTRIBUTES

1/2 Cup Vegetable Serving

