



BUTTERY SPREAD, LIGHT

Date: October 2012 Code: 100921

PRODUCT DESCRIPTION

- Light buttery spread may be made with a blend of vegetable oils like canola, soybean, olive, and sunflower.

PACK/YIELD

- 15 ounce tub
- Both package sizes contain about 32 servings (1 tablespoon each).

STORAGE

- Store unopened tubs of light buttery spread in the refrigerator until ready to use.
- After opening, cover with lid and store in the refrigerator.
- Look at the “Best if used by” or “Best by” date on the tub.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Use light buttery spread to coat a skillet or pan when cooking vegetables or meats.
- Spread light buttery spread over toast.
- Mix light buttery spread with garlic powder and other spices; spread over slices of bread and heat in the oven for quick garlic bread.
- Mix light buttery spread with spices and spread over warm vegetables.

NUTRITION INFORMATION

- 1 tablespoon of buttery spread counts as 2 ½ teaspoons of oils in MyPlate.gov. For a 2,000-calorie diet, the recommended daily allowance is 6 teaspoons.
- Light buttery spread has half the fat and calories of butter and no cholesterol.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 tablespoon (14g)

Amount Per Serving

Calories 50 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g

Vitamin A 14% Vitamin C 0%

Calcium 0% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

BAKED POTATO SOUP

MAKES ABOUT 5 SERVINGS

Ingredients

2 tablespoons light buttery spread
 1 small onion, chopped
 2 medium potatoes, baked, peeled and mashed
 3 cups prepared instant nonfat dry milk
 1 can (about 14.5 ounces) low-sodium chicken broth
 1 cup reduced-fat cheddar cheese, shredded pepper, and salt to taste

Directions

1. Melt light buttery spread in a large saucepot over medium heat and add chopped onion, stirring every once in a while until onions are clear.
2. Stir in potatoes, milk and broth; continue to stir until smooth.
3. Bring to a boil over medium heat, stirring every once in a while.
4. Remove from heat and stir in ½ cup cheese. Add pepper and salt to taste. Sprinkle remaining cheese on top and serve.

Tip

For a heartier dish, add 2 cups diced cooked chicken or turkey ham.

| Nutrition Information for 1 serving (about 1 cup) of Baked Potato Soup | | | | | | | |
|--|------|---------------------------|--------|------------------|---------|------------------|--------|
| Calories | 267 | Cholesterol | 28 mg | Sugar | 10 g | Vitamin C | 9 mg |
| Calories from Fat | 99 | Sodium | 468 mg | Protein | 120 g | Calcium | 595 mg |
| Total Fat | 11 g | Total Carbohydrate | 23 g | Vitamin A | 240 RAE | Iron | 0.5 mg |
| Saturated Fat | 6 g | Dietary Fiber | 1 g | | | | |

Recipe adapted from CountryCrock.com.

SPICY RICE

MAKES ABOUT 4 SERVINGS

Ingredients

1 onion, chopped
 2 jalapeno peppers, chopped and seeded
 2 garlic cloves, chopped
 2 tablespoons low-sodium tomato paste
 2½ cups water
 ½ teaspoon salt
 2 tablespoons light buttery spread
 1 cup uncooked medium grain white rice
 ½ cup canned green peas, low-sodium, drained
 ½ cup canned carrots, low-sodium, drained

Directions

1. In a bowl mix onion, peppers, garlic, tomato paste, ¼ cup of water and salt; set aside.
2. In a skillet, melt light buttery spread over medium heat and cook rice, stirring every once in a while, until golden.
3. Stir in remaining water, peas, carrots, and onion mixture. Bring to a boil over high heat.
4. Reduce heat to low, cover and cook for 20 minutes or until rice is tender.

| Nutrition Information for 1 serving (1 cup) of Spicy Rice | | | | | | | |
|---|-----|---------------------------|--------|------------------|---------|------------------|-------|
| Calories | 247 | Cholesterol | 0 mg | Sugar | 4 g | Vitamin C | 11 mg |
| Calories from Fat | 27 | Sodium | 461 mg | Protein | 5 g | Calcium | 39 mg |
| Total Fat | 3 g | Total Carbohydrate | 49 g | Vitamin A | 486 RAE | Iron | 3 mg |
| Saturated Fat | 1 g | Dietary Fiber | 4 g | | | | |

Recipe adapted from CountryCrock.com.