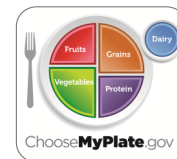


Buttery Spread, Light



Product Description

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

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.

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.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 tablespoon (14g) buttery spread

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.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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 $\frac{1}{2}$ 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.

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
 $2\frac{1}{2}$ cups water
 $\frac{1}{2}$ teaspoon salt
2 tablespoons light buttery spread
1 cup uncooked medium grain white rice
 $\frac{1}{2}$ cup canned green peas, low-sodium, drained
 $\frac{1}{2}$ cup canned carrots, low-sodium, drained

Directions

1. In a bowl, mix onions, peppers, garlic, tomato paste, $\frac{1}{4}$ 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.

Recipe adapted from Countrycrock.com