



BUTTERY SPREAD, LIGHT

Date: April 2009

Code: B004, B005

PRODUCT DESCRIPTION

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

PACK/YIELD

- B004: twin-pack 7.5 ounce tubs
- B005: 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

- Light buttery spread may be used in baking recipes.
- 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 MyPyramid.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.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 tablespoon (14g)

Amount Per Serving

Calories	50	Calories from Fat	45
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% Daily Value*

Total Fat 5g		8%
Saturated Fat 1.5g		8%
<i>Trans Fat</i> 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, drained
- ½ cup canned carrots, 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	494 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.