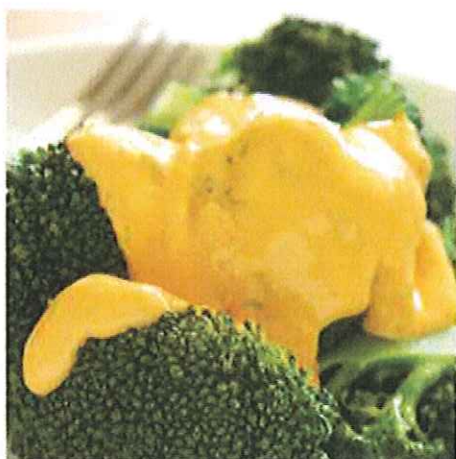




# Cheese Sauce Information



4 oz. Counts As A Meat Alternate Or As A FULL Vegetable



## Nutrition Facts

Serving Size: 57g (2 oz.)  
Servings Per Container: 64

Amount Per Serving

Calories 110    Calories from Fat 70

% Daily Value\*

Total Fat 8g    12%

Saturated Fat 4.5g    23%

Trans Fat 0g

Cholesterol 20mg    7%

Sodium 320mg    13%

Total Carbohydrates 4g    1%

Dietary Fiber 1g    4%

Sugars 1g

Protein 4g

Vitamin A 30% • Vitamin C 2%

Calcium 10% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calorie	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

## INGREDIENTS

### Cheese Sauce/Dip

INGREDIENTS: PROCESS CHEESE [American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Citrate, Milk Fat, Salt, Sodium Phosphate], WATER, MILK, SWEET POTATO, BUTTERNUT SQUASH, BEANS, SUNFLOWER OIL, CREAM (Cream, Carrageenan, Mono & Diglycerides, Polysorbate 60), Contains 2% or less of: NATURAL FLAVORINGS, WHEAT FLOUR (Bleached & Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), SALT, MODIFIED FOOD STARCH, SPICES, ANNATTO (Color).

## COOKING INSTRUCTIONS

### Cheese Sauce/Dip

To reduce cook time - thaw product in refrigerator overnight.

#### Stove Top

In a sauce pan, add desired amount of sauce and cover with a lid; cook on medium heat and stir periodically. Cook for 7-9 minutes or until internal temperature reaches 165°F.

#### Stove Top Boil in Bag

Boil unopened bag until internal temperature reaches 165°F.

#### Steamer

Heat unopened bag in steamer until internal temperature reaches 165°F.

#### Microwave Oven

In a microwave approved dish, add desired amount of sauce and cover with plastic wrap. Cook on high; remove wrap allowing steam to escape then stir with spoon. Re-wrap with plastic wrap and cook on high until internal temperature reaches 165°F.

Product is ready to ship. Call or email KRISTY for pricing at:  
404.374.1791 or [kristywilliams@hiddenhealthies.com](mailto:kristywilliams@hiddenhealthies.com).  
[www.hiddenhealthies.com](http://www.hiddenhealthies.com)

Kid tested, mom approved!