



A Nutrition Resource

# POTATO CORN AND CHEESE CHOWDER

Yield: 6 Servings | Serving Size: 1 cup

Cost/serving: \$0.64

## Ingredients:

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper (or to taste)
- 1 (15-ounce) can cream style corn
- 1 1/2 cups nonfat milk\*
- 1/2 cup shredded cheddar cheese

## Directions:

- 1) Combine potatoes, carrots, celery, onion, and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
- 2) Add corn, salt, and pepper. Cook 5 more minutes or until vegetables are cooked.
- 3) Add milk and cheese. Stir until cheese melts and chowder is heated through. **Do not boil.**
- 4) Serve hot.

\*Can substitute 4 1/2 Tablespoons of nonfat dry milk powder, mixed with 1 1/2 cups of water, for the nonfat milk.

## Nutrition Facts

6 servings per container  
Serving size 1 cup (244g)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 530mg	23%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 0mg	0%
Potassium 439mg	10%

\*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.



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