

## Potato Corn Chowder in an Instant

Yields: 4 servings, 1 cup each

- ½ c. chopped celery
- 2 green onions, thinly sliced
- 2 Tbsp. butter
- 1 14.5-ounce can chicken broth, low sodium
- ½ tsp. pepper
- 1 c. instant mashed potato flakes
- 15 oz. can whole corn, drained
- 1 c. 2% milk

1. In a large saucepan, melt butter, then add and cook celery and onions in butter until tender.
2. Add broth and pepper, heat until steam forms.
3. Remove from heat. Stir in potato flakes and corn until blended.
4. Add milk, return to heat. Heat gently over low to medium heat, stirring often – do not boil.
5. Refrigerate leftovers promptly.

### Nutrition Facts

Serving Size 1 cup (274g)  
Servings Per Container 4

Amount Per Serving

Calories 200    Calories from Fat 80

% Daily Value\*

Total Fat	9g	14%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	200mg	8%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	4%
Sugars	5g	

Protein 7g

Vitamin A 6%    •    Vitamin C 25%  
Calcium 8%    •    Iron 6%

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

		Calories: 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 • Carbohydrate 4 • Protein 4

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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