

Cheesy Chicken Chowder

CampbellsKitchen.com

Servings: 8

Yield: 8 1-1/2 cup servings

2 cans (10-3/4 ounces ea) condensed cheddar cheese soup

2 soup cans milk

1 1/2 cups picante sauce

1 medium (3/4 cup) green OR red pepper, finely chopped

4 (1/2 cup) green onions, sliced

3 cups cooked chicken, cubed

sour cream

Preparation Time: 15 minutes

In a three-quart saucepan over medium heat, bring the soup, milk, picante sauce, pepper and onions to a boil. Reduce the heat to low.

Cook for 5 minutes or until the vegetables are tender, stirring occasionally.

Stir the chicken into the saucepan. Cook until the mixture is hot and bubbling.

Serve with sour cream.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 150 Calories; 5g Fat (27.7% calories from fat); 19g Protein; 7g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 430mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	150
% Calories from Fat:	27.7%
% Calories from Carbohydrates:	20.2%
% Calories from Protein:	52.1%
Total Fat (g):	5g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	53mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	25mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 19g
Sodium (mg): 430mg
Potassium (mg): 402mg
Calcium (mg): 116mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 302IU
Vitamin A (r.e.): 49RE

Lean Meat: 2 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 150 Calories from Fat: 42

% Daily Values*

Total Fat	5g	7%
Saturated Fat	2g	10%
Cholesterol	53mg	18%
Sodium	430mg	18%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	2%
Protein	19g	

Vitamin A	6%
Vitamin C	10%
Calcium	12%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.