

# Potato Corn Chowder

United Healthcare RENEW Magazine

## Servings: 2

1 cup loose-pack frozen whole-kernel corn  
1 cup loose-pack frozen diced hash brown potatoes with onion and peppers  
3/4 cup water  
3/4 teaspoon instant chicken bouillon granules  
1 clove garlic, minced  
dash white or black pepper  
1 can (12 ounce) evaporated fat-free milk  
1 tablespoon all-purpose flour  
snipped fresh parsley (optional)

In a medium saucepan, combine the corn, hash brown potatoes, water, bouillon granules, garlic and pepper. Bring to a boil and reduce the heat. Cook, covered, about 5 minutes or until the vegetables are tender. Do not drain.

Gradually stir the milk into the flour; add the milk mixture to the vegetable mixture. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

To serve, ladle the chowder into serving bowls. If desired, sprinkle each serving with parsley.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 16 Calories; trace Fat (2.4% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	16
% Calories from Fat:	2.4%
% Calories from Carbohydrates:	85.4%
% Calories from Protein:	12.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	10mg	Fruit:	0
Calcium (mg):	5mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

## Nutrition Facts

Servings per Recipe: 2

### Amount Per Serving

**Calories** 16 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3mg	0%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	1%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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