

# Veggie Chowder

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Taste of Home Magazine - November 2013

## Servings: 6

## Yield: 1 3/4 quarts

2 cups cubed peeled potatoes  
2 cups reduced-sodium chicken broth  
1 cup carrots, chopped  
1/2 cup onion, chopped  
1 can (14-3/4 ounce) cream-style corn  
1 can (12 ounce) fat-free evaporated milk  
3/4 cup reduced-fat cheddar cheese, shredded  
1/2 cup fresh mushrooms, sliced  
1/4 teaspoon pepper  
2 tablespoons bacon bits

In a large saucepan, combine the potatoes, broth, carrots and onion. Bring to a boil. Reduce the heat and simmer, uncovered, for 10 to 15 minutes or until the vegetables are tender.

Add the corn, milk, cheese, mushrooms and pepper. Cook and stir for 4 to 6 minutes longer or until the soup is heated through.

Sprinkle with the bacon bits.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 58 Calories; 1g Fat (10.0% calories from fat); 5g Protein; 9g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 0 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	58
% Calories from Fat:	10.0%
% Calories from Carbohydrates:	59.8%
% Calories from Protein:	30.2%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg

Vitamin B6 (mg):	50.0mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	112mg
Potassium (mg):	257mg
Calcium (mg):	135mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	6195IU
Vitamin A (r.e.):	770RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	58	Calories from Fat: 6
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### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	2mg	1%
<b>Sodium</b>	112mg	5%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	1g	5%
<b>Protein</b>	5g	

<b>Vitamin A</b>	124%
<b>Vitamin C</b>	6%
<b>Calcium</b>	14%
<b>Iron</b>	3%

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