

Veggie Salmon Chowder

*Liv Vors - Peterborough, ON
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Servings: 2

*1 medium sweet potato, peeled and cut into 1/2-inch cubes
1 cup reduced-sodium chicken broth
1/2 cup fresh or frozen corn
1/2 small onion, chopped
2 cloves garlic, minced
1 1/2 cups fresh spinach, torn
1/2 cup flaked, smoked salmon fillet
1 teaspoon pickled jalapeno slices, chopped
1 tablespoon cornstarch
1/2 cup 2% milk
1 tablespoon fresh cilantro, minced
dash pepper*

In a large saucepan, combine the sweet potato, broth, corn, onion and garlic. Bring to a boil. Reduce the heat and simmer, covered, for 8 to 10 minutes or until the potato is tender.

Stir in the spinach, salmon and jalapeno. Cook for 1 to 2 minutes or until the spinach is wilted.

In a small bowl, mix the cornstarch and milk until smooth. Stir into the soup.

Bring to a boil. Cook and stir for 2 to 3 minutes or until the soup is thickened.

Stir in the cilantro and pepper.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 134 Calories; 1g Fat (9.8% calories from fat); 4g Protein; 27g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 59mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	134
% Calories from Fat:	9.8%
% Calories from Carbohydrates:	77.7%
% Calories from Protein:	12.5%
Total Fat (g):	1g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	61mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	5mg
Carbohydrate (g):	27g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	59mg
Potassium (mg):	410mg
Calcium (mg):	122mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	25mg
Vitamin A (i.u.):	14709IU
Vitamin A (r.e.):	1493RE

Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories	134	Calories from Fat: 13
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	1g	4%
Cholesterol	5mg	2%
Sodium	59mg	2%
Total Carbohydrates	27g	9%
Dietary Fiber	3g	13%
Protein	4g	
Vitamin A		294%
Vitamin C		41%
Calcium		12%
Iron		6%

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