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## Creamy Potato and Corn Chowder

### Ingredients:

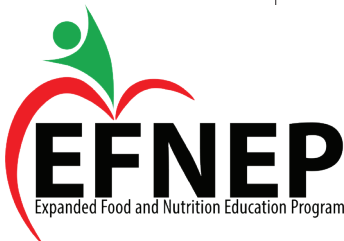
- 4 cups raw diced potatoes
- ¼ cup finely chopped onion
- 1½ cups water
- 1½ cups potato cooking liquid
- 1½ cup evaporated skim milk
- 1 (16-ounce) can corn
- 2 Tablespoons butter
- 1 teaspoon salt
- dash of pepper

*Makes 6 servings - 12% calories from fat*

### Instructions:

1. Cook potatoes and onion in water in covered saucepan until tender (about 15 minutes). Drain and mash potatoes, save cooking liquid and set aside.
2. Measure liquids. Slowly stir liquid into potatoes. Add corn, butter, salt and pepper.
3. Simmer 15 minutes to blend flavors.

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 530mg</b>	<b>22%</b>
<b>Total Carbohydrate 64g</b>	<b>21%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 14g	
<b>Protein 10g</b>	
Vitamin A 8%	• Vitamin C 30%
Calcium 20%	• Iron 4%
*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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