



A Nutrition Resource

SKILLET CORN CHOWDER

Yield: 4 Servings | Serving Size: 1 cup

Cost/serving: \$0.51

Ingredients:

- 1/2 small onion, diced
- 1 Tablespoon vegetable oil
- 1 (15-ounce) can cream style corn
- 2 cups 1% milk
- 1/2 cup reduced fat cheddar cheese, shredded

Directions:

- 1) Heat vegetable oil in a large skillet over medium heat.
- 2) Sauté onion until transparent. Add corn and milk. Stir until mixed together.
- 3) Heat until bubbles start to form.
- 4) Stir in cheese until melted. Serve once cheese has melted.

Option: This chowder can be made ahead of time because it thickens well when chilled overnight.

Recipe adapted from www.foodhero.org.

Nutrition Facts

4 servings per container
Serving size 1 cup (260g)

Amount per serving
Calories 180

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 4.5g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 490mg | 21% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 1g | 4% |
| Total Sugars 13g | |
| Includes 0g Added Sugars | 0% |
| Protein 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 211mg | 15% |
| Iron 0mg | 0% |
| Potassium 220mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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