

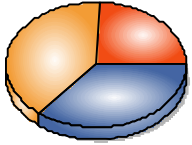


## Chicken Corn Chowder

By: Adapted from Cooking Light 6/2006 by DrJez LLC

Recipe grams: 1552.71g/54.8oz

Serves 4 388.18g/13.7oz per serving



Protein: 30%  
Carbohydrates: 53%  
Fat: 17%

### INGREDIENTS

2 tsp BUTTER W/SALT  
1 stalk ONION, YOUNG GREEN, TOPS ONLY  
2 oz WHEAT FLOUR, WHITE, ALL PURPOSE  
10 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY  
2 dash SALT, TABLE  
2 dash PEPPER, BLACK, GROUND  
1 cup MILK, COW'S, NONFAT, VIT-A (SKIM)  
1 lb CORN, YELLOW, RAW  
1/2 cup CHEDDAR CHEESE, SHARP, FINELY SHREDDED, REDUCED FAT  
7 oz CHICKEN BROTH, NONFAT  
1/2 cup WILD RICE, RAW  
1/2 large ONION, RAW  
4 tortillas TORTILLA, CORN, RTC

### DIRECTIONS

Melt butter and gently saute onions. Add flour and heat for 1 minute stirring with whisk. Stir in chicken, pepper, salt, broth and 1/2 of corn. Bring to simmer.

Combine milk and remaining corn in blender and process until smooth. Add to pan and stir until thickened.

Stir in cheese.

### Nutrition Facts

Serving Size: 1 serving (388.2g)  
Servings: 1

#### Amount Per Serving

Calories 470 Calories from Fat 80

% Daily Value\*

**Total Fat** 9g 15%

Saturated Fat 3.5g 20%

Trans Fat 0g

**Cholesterol** 75mg 25%

**Sodium** 300mg 10%

**Total Carbohydrate** 64g 20%

Dietary Fiber 7g 25%

Sugars 8g

**Protein** 37g

Vitamin A 15%

• Vitamin C 15%

Calcium 30%

• Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.