

Directions: Add at least 1 cup water for each 1/4 cup of mix. Simmer 10-15 minutes, or soak till soft. Season, and enjoy! *May also use slow cooker.*

NUTRITION FACTS	
Serving Size: 2/3 cup reconstituted	
Servings Per Container: 6	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 4% * Vitamin C 35% *Calcium 0% * Iron 1%	
*Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	
Corn Chowder Mix — Lot# 1404	

Ingredients: Freeze Dried Corn, potato (freshness preserve with sodium bisulfite), bell peppers, onion.

Try them all!

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