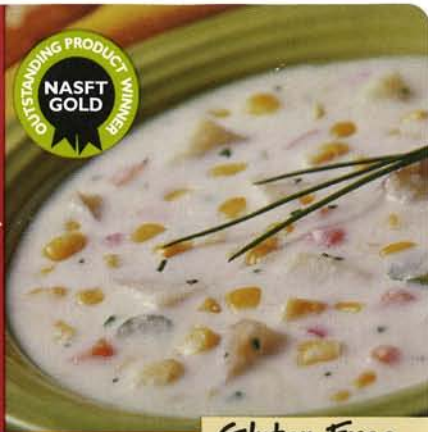


no added salt or preservatives



Gluten Free

# illinois prairie corn chowder™

A luscious, creamy  
soup and our  
top seller!

Serves 6-8

NET WT 7 OZ (198g)

## YOU WILL ALSO NEED:

IL

2-3 White Potatoes, 8 C. Chicken Broth  
and 2 C. Heavy Cream...and if available, 2-3  
Ears of Corn

COOKING TIME ABOUT 1 HOUR

### Nutrition Facts

Serving Size About 3 tbsp (18g)

About 1 cup prepared

Servings Per Container 12

Amount per Serving	Mix	Prepared
Calories	60	250
Calories from Fat	0	140

% Daily Value

<b>Total Fat</b> 0g*	<b>0%</b>	<b>23%</b>
Saturated Fat 0g	<b>0%</b>	<b>45%</b>
Trans Fat 0g		

**Cholesterol** 0mg **0%** **18%**

**Sodium** 5mg **0%** **22%**

**Total Carb** 14g **5%** **7%**

Dietary Fiber 1g **4%** **4%**

Sugars 1g

**Protein** 2g

Vitamin A 20% 35%

Vitamin A 25% 30%

Calcium 0% 4%

Iron 2% 6%

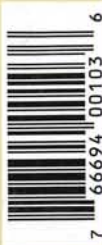
\*Amount in Mix. Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:  
AIR FREEZE-DRIED  
CORN, RICE,  
ONIONS, CELERY,  
CARROTS, RED BELL  
PEPPER, CHIVES  
AND HERBS.

### ALLERGEN INFORMATION

Facility not dedicated  
gluten free.

FRONTIER SOUPS™  
Waukegan, IL 60085  
frontiersoups.com



PEEL BACK CORNER FOR COOKING INSTRUCTIONS INSIDE!