
Chef's Cupboard
CHUNKY
CHICKEN CORN CHOWDER
SOUP
no MSG added
0g trans fat per serving
serving suggestion
INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-1469
NET WT 18.8 OZ (1 LB 2.8 OZ) 533g
CHICKEN CORN CHOWDER
Nutrition Facts
Serving Size 1 cup (245g)
Servings Per Container about 2
Amount Per Serving
Calories 190 Calories from Fat 70
% Daily Value*
Total Fat 8g 12%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 830mg 35%
Total Carbohydrate 22g 7%
Dietary Fiber 4g 16%
Sugars 2g
Protein 7g
Vitamin A 40% • Vitamin C 0%
Calcium 2% • 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
Sat 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
Protein 50g 65g
INGREDIENTS: CHICKEN BROTH, CORN, POTATOES, CARROTS, COOKED CHICKEN MEAT, MODIFIED CORN STARCH, CELERY, SOYBEAN OIL, CONTAINS LESS THAN 2% OF: BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), BLEACHED WHEAT FLOUR, DEHYDRATED ONIONS, SALT, SUGAR, SOY PROTEIN CONCENTRATE, VEGETABLE FLAVOR BLEND (VEGETABLES [CARROT, CELERY, ONION], FLAVORING), DRIED TORULA YEAST, MODIFIED POTATO STARCH, MODIFIED RICE STARCH, YEAST EXTRACT, TITANIUM DIOXIDE, HYDROLYZED WHEAT GLUTEN, CHICKEN FLAVORING (MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SPICE, BETA CAROTENE (FOR COLOR), CHICKEN FAT.
CONTAINS: WHEAT, SOY.
Here at Chef's Cupboard, we have developed a wide range of great homestyle food including a tempting selection of hearty soups, premium potato meals & stuffing mixes. We believe in using only quality ingredients to produce the tastiest recipes for you & your family to enjoy.
SERVING INSTRUCTIONS:
DO NOT ADD WATER
STOVE: Heat, stirring occasionally.
MICROWAVE: Heat, covered in medium microwave-safe bowl or 2 individual microwave-safe bowls on HIGH about 3½ minutes. Leave in microwave 1 minute then stir.
BEST BY DATE ON END OF CAN.
REFRIGERATE ANY UNUSED PORTION IN SEPARATE CONTAINER.
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PACKAGING
CAN RECYCLABLE
MADE FROM 38% RECYCLED MATERIAL
STEEL CAN
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120983 NCL 02-12


HILL COUNTRY FARE
CHUNKY
CHICKEN CORN CHOWDER
READY TO SERVE SOUP
MAKES A HEARTY MEAL!
INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-1469
PLEASE RECYCLE
NET WT 18.8 OZ (1 LB 2.8 OZ) 533g
SERVING SUGGESTION
HEATING INSTRUCTIONS
SERVING INSTRUCTIONS: DO NOT ADD WATER.
STOVE: Heat until simmering while stirring.
MICROWAVE: Place contents into microwave-safe container. Cover and heat on HIGH for 3 - 3 1/2 minutes. Leave in microwave 1 minute then stir and serve.
Nutrition Facts
Serving Size 1 cup (245g)
Servings Per Container About 2
Amount Per Serving
Calories 190 Calories from Fat 70
% Daily Value*
Total Fat 8g 12%
Saturated Fat 1.5g 8%
Trans Fat 0g
Polyunsaturated Fat 4g
Monounsaturated Fat 2g
Cholesterol 10mg 3%
Sodium 830mg 35%
Potassium 260mg 7%
Total Carbohydrate 22g 7%
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Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Potassium 3,500mg 3,500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
1003
INGREDIENTS: CHICKEN BROTH, CORN, POTATOES, CARROTS, COOKED CHICKEN MEAT, MODIFIED CORN STARCH, CELERY, SOYBEAN OIL, CONTAINS LESS THAN 2% OF: BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), BLEACHED WHEAT FLOUR, DEHYDRATED ONIONS, SALT, SUGAR, SOY PROTEIN CONCENTRATE, VEGETABLE FLAVOR BLEND (VEGETABLES (CARROT, CELERY, ONION), FLAVORING), DRIED TORULA YEAST, MODIFIED POTATO STARCH, MODIFIED RICE STARCH, YEAST EXTRACT, TITANIUM DIOXIDE, HYDROLYZED WHEAT GLUTEN, CHICKEN FLAVORING (MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SPICE, BETA CAROTENE (FOR COLOR), CHICKEN FAT.
CONTAINS: WHEAT, SOY
DISTRIBUTED BY: H-E-B, SAN ANTONIO, TEXAS 78204
WE HOPE YOU ARE SATISFIED WITH THIS PRODUCT. IF NOT, WE WILL CHEERFULLY REFUND YOUR MONEY.
REFRIGERATE IN SEPARATE CONTAINER ANY UNUSED PORTION.
BEST IF USED BY DATE ON END OF CAN.
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110897 NCL 02-11

Wegmans

Chunky Chicken Corn Chowder

READY TO SERVE SOUP

NET WT 18.8 OZ (1 LB 2.8 OZ) • 533g

SERVING SUGGESTION

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-1469

Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container about 2

Amount Per Serving	
Calories 190	Calories from Fat 70
	% DV*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 830mg	**35%**
Potassium 310mg	**9%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 7g	

Vitamin A 40% • Vitamin C 0%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your diet may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Chicken Broth, Corn, Potatoes, Carrots, Cooked Chicken Meat, Modified Corn Starch, Celery, Soybean Oil, Contains Less Than 2% of the Following Ingredients: **Bacon** (Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), **Bleached Wheat Flour, Dehydrated Onions, Salt, Sugar, Soy Protein Concentrate, Vegetable Flavor Blend,** (Vegetables [Carrot, Celery, Onion], Flavoring), **Dried Torula Yeast, Modified Potato Starch, Modified Rice Starch, Yeast Extract, Titanium Dioxide, Hydrolyzed Wheat Gluten, Chicken Flavoring** (Maltodextrin, Gum Arabic, Natural Flavor), **Spice, Beta Carotene** (For Color), **Chicken Fat.**

ALLERGENS: Contains Soy and Wheat.

HOW TO HEAT

Cooking times may vary depending on your equipment. Do not add water.

STOVETOP

Pour soup into small saucepan. Heat to simmer over MEDIUM heat, about 5 minutes, stirring often.

MICROWAVE (1100 watts)

Pour soup into microwave safe dish. Cover and heat on HIGH about 4 minutes, stirring halfway through. Carefully remove from oven with hot pads. Stir and serve.

Caution: Metal edges are sharp.

Our Promise

We're proud of this soup and we hope you'll agree. Remember, your satisfaction is *always* guaranteed with Wegmans brand products.

The Wegmans Family

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BEST IF USED BY DATE PRINTED ON CAN END.
REFRIGERATE UNUSED PORTION PROMPTLY IN A SEPARATE CONTAINER.

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