



## CREAM OF CHICKEN SOUP, Ready to Serve

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Code: 110163

### PRODUCT DESCRIPTION

- Cream of chicken soup is a ready-to-eat, cream-based soup.

### PACK/YIELD

- Cream of chicken soup is packed in 22 ounce cartons. Each carton provides about 3.5 servings (6 fluid ounces each).

### STORAGE

- Store unopened cream of chicken soup in a cool, clean, dry place.
- After opening, store remaining cream of mushroom soup in the refrigerator tightly closed in its carton.
- Follow the "Best if used by" or "Best by" date on the carton.
- For further guidance on how to store and maintain USDA Foods, please see our memo [http://www.fns.usda.gov/fdd/policymemo/pmfd107\\_NSLP\\_CACF\\_SFSP\\_CSFP\\_FDPIR\\_TEFAP\\_CI-StorandInvMgmt.pdf](http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf)

### USES AND PREPARATION TIPS

- Ready-to-serve soups are fully cooked and do not need to be mixed with water or milk.
- If heated, serve right away. Refrigerate leftover soup in a container not made from metal.
- Serve cream of mushroom soup as a main dish or as an appetizer.
- Use cream of mushroom soup as a base for other main dish meals, stews, sauces, or casseroles.

### NUTRITION INFORMATION

- 1 cup of cream of chicken soup counts as  $\frac{1}{2}$  cup from the Protein Group of MyPlate.gov For a 2,000-calorie diet, the daily recommendation is about 5 oz of protein daily.

### FOOD SAFETY

- If the carton is leaking or the ends are bulging, **throw it away**.
- If the food has a bad odor or liquid spurts out when the carton is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 6 fluid ounces soup

#### Amount Per Serving

<b>Calories</b>	<b>50</b>	<b>Calories from Fat</b>	<b>30</b>
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#### % Daily Value\*

<b>Total Fat</b> 3g			<b>5%</b>
Saturated Fat 1g			<b>5%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 5mg			<b>0%</b>
<b>Sodium</b> 320mg			<b>13%</b>
<b>Total Carbohydrate</b> 1g			<b>3%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars <1g			<b>3%</b>
<b>Protein</b> 1g			<b>3%</b>
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	0%

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

## EASY CHICKEN POT PIE

**MAKES ABOUT 6 SERVINGS**

### Ingredients

- 1 2/3 cup frozen mix vegetables
- 1 cup cooked chicken
- 1 cup baking mix
- 1/2 cup milk
- 1 cup of cream of chicken soup
- 1 egg

### Directions

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

#### Nutritional Information for 1 serving (about 1/6 pie) of Chicken Pot Pie

<b>Calories</b>	180	<b>Cholesterol</b>	55 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	3.2 mg
<b>Calories from Fat</b>	25	<b>Sodium</b>	420 mg	<b>Protein</b>	13 g	<b>Calcium</b>	150mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	25 g	<b>Vitamin A</b>	50 RAE	<b>Iron</b>	.4 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from Snap Ed Recipe Finder*