

Soup, Cream of Chicken, Ready to Serve

MyPlate Food Group: **Protein**



Product Description

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

Storage

- Store unopened soup in a cool, clean, dry place.
- After opening, store remaining soup in the refrigerator tightly closed in its carton.

Uses and Tips

- Ready-to-serve soups are fully cooked and do not need to be mixed with water or milk.
- If heated, serve right away. For best quality, store unused portion in the refrigerator in a nonmetal container.
- Serve cream of chicken soup as a main dish or as an appetizer.
- Use cream of chicken soup as a base for other main dish meals, stews, sauces, or casseroles.

Nutrition Information

- 1 cup of cream of chicken soup counts as ½ cup from the Protein Group of MyPlate.gov For a 2,000 -calorie diet, the daily recommendation is about 5 oz of protein daily.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 6 fluid ounces soup

Amount Per Serving

Calories 50 **Calories from Fat** 30

-% Daily Value*

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

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Easy Chicken Pot Pie

Makes about 6 servings

Ingredients

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

Directions

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

Recipe adapted from DelMonte.com