

# Cheesy Ham Chowder {keto/low carb}

Yield: 7 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-ham-swiss-chowder-recipe>

## Ingredients:

- 4 pieces bacon
- 1/2 onion chopped
- 2 garlic cloves minced
- 2 cups chicken broth
- 1 1/4 cups heavy whipping cream
- 2 cups ham
- 2 cups broccoli
- 1 teaspoon cream cheese
- 1 teaspoon parsley
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups cheddar cheese
- 1/4 teaspoon xanthan gum

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 140 milligrams
4. Fat: 40 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 21 grams
8. Sodium: 1390 milligrams
9. Sugar: 1 grams

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