

Ham and Potato Chowder

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-leg-stew-recipe>

Ingredients:

- 2 cups milk whole milk works best
- 2 cups chicken broth
- 4 cups frozen tater tots
- 8 ounces ham steak cut into cubes
- 2 ears of corn or 1 cup frozen corn
- 2 scallions . sliced

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 35 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1430 milligrams
9. Sugar: 8 grams

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