

# Leftover Ham Bone Soup with Potatoes and Cabbage

Yield: 6 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-ham-bone-soup-recipe>

## Ingredients:

- cooking spray
- 1/2 cup chopped onion
- 2 cloves garlic minced
- 1/2 cup chopped celery
- 2 medium carrots peeled and sliced
- 4 cups less sodium chicken broth 1 carton
- 10 ounces yukon gold potatoes 2 medium, peeled and diced small
- 1 ham bone leftover
- 5 ounces ham chopped leftover
- 1 head cabbage cored and chopped, 13 oz

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 15 milligrams
4. Fat: 2 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 730 milligrams
9. Sugar: 2 grams

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