

# Southern Salmon Stew

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-salmon-recipe>

## Ingredients:

- 2 quarts milk whole or evaporated
- 15 ounces salmon boneless, skinless
- 4 tablespoons butter
- 8 tablespoons bacon crumbled, optional
- 2 italian seasoning
- 2 cups potatoes cooked, diced, optional
- 2 cups croutons optional

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 145 milligrams
4. Fat: 37 grams
5. Fiber: 3 grams
6. Protein: 51 grams
7. SaturatedFat: 18 grams
8. Sodium: 790 milligrams
9. Sugar: 30 grams

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