

# Split Pea & Ham Soup (Using the Ham Bone)

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-pea-and-ham-soup-recipe>

## Ingredients:

- 450 grams peas 2 1/4 cups
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 8 cups chicken stock
- 1 cup ham diced leftover, this can be removed from the bone
- 1 ham bone
- 3 bay leaves

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 45 milligrams
4. Fat: 10 grams
5. Fiber: 9 grams
6. Protein: 31 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1480 milligrams
9. Sugar: 20 grams

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