

# Yam pottage/Yam Porridge (Asaro)

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/yam-recipe-for-thanksgiving-dinner>

## Ingredients:

- 1/2 yam a medium sized Puna
- 1 onion medium sized, diced
- 5 1/2 sauce Starter, a blend of peppers, tomatoes, and Onions
- 1/2 cup palm oil fresh
- 2 tablespoons crayfish
- water
- crab meat
- parsley
- vegetables

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 36 grams
5. Fiber: 10 grams
6. Protein: 7 grams
7. SaturatedFat: 16 grams
8. Sodium: 1140 milligrams
9. Sugar: 26 grams

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