Nutrient Analysis

PER SERVING: 1/6 of recipe

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>262 Kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>12 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30 g</td>
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<tr>
<td>Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
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<tr>
<td>Sodium</td>
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<tr>
<td>Potassium</td>
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<tr>
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<tr>
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<tr>
<td>Iron</td>
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<td>Magnesium</td>
<td>47 mg</td>
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<tr>
<td>Vitamin C</td>
<td>16 mg</td>
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Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

Asian Noodle Soup

PREPARATION: 12 MINUTES
COOKING: 15 MINUTES
SERVINGS: 6

RENAI EXCHANGE: 1 Meat + 2 Starch + 1 Vegetable + 1 Fat
Asian Noodle Soup

INGREDIENTS

4 cups no salt added* chicken broth
2 tablespoons fresh ginger, peeled and finely chopped
2 cups extra firm tofu, cut into ½ inch cubes
2 teaspoons low sodium soy sauce
1 teaspoon garlic chili paste
1 tablespoon rice vinegar
1 cup green onions (approximately 4 whole)
¾ cup celery, thinly sliced
¼ cup red pepper, thinly sliced
1 ½ cups green cabbage, thinly sliced
2 tablespoons extra virgin olive oil
1 teaspoon sesame oil
6 oz vermicelli rice noodles (uncooked)
½ cup fresh cilantro, chopped
1 tablespoon lime juice
Fresh ground pepper to taste

PREPARATION

1 Heat the broth.
2 In a small bowl, combine ginger, tofu, soy sauce, chili paste and vinegar to marinate the tofu.
3 Slice green onions. Separate the white from the green slices and set aside.
4 Combine the celery, green slices of green onions, red pepper and cabbage in a bowl.
5 Heat a large pot or deep wok style pan for two minutes on medium-high heat. Add the olive oil and the sesame oil and fry the white slices of the green onions until they are brown and somewhat crisp but not burnt.
6 Turning the heat down to medium, add the tofu and its marinade, stirring to coat well while cooking for 2 minutes.
7 Add all the vegetables from step 4 and continue to cook for another 2–3 minutes.
8 Add the hot broth to the vegetables, turn up the heat and bring to a boil quickly, add the rice noodles and cook for two minutes.
9 Turn off heat and stir in cilantro and lime juice and season with fresh black pepper to taste.

SUGGESTION

✓ Leftover soup can be reheated within 2 days.