

Russian Buckwheat Soup

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-japanese-buckwheat-noodles>

Ingredients:

- 1 onion chopped
- 3 mushrooms sliced
- 1 potato cubed
- 1 carrot grated
- 1 tablespoon olive oil
- 1 chicken breast cubed
- 1 cup buckwheat
- 1 liter water boiling
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 bay leaves

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 19 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 680 milligrams
9. Sugar: 3 grams

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