

# Ukha (Russian Fish Soup)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-ukha-recipe>

## Ingredients:

- 4 cups water
- 2 potatoes cubed
- 1 onion chopped
- 1 bunch fresh parsley chopped
- 4 ounces cod fillets cubed
- 1 lemon juiced
- salt
- pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 10 milligrams
4. Fiber: 5 grams
5. Protein: 8 grams
6. Sodium: 230 milligrams
7. Sugar: 2 grams

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