

**FINNISH SALMON SOUP** 4 portions**INGREDIENTS**

- 400 grams of raw salmon
- 1 small unit of onions, raw (70 g)
- 1 cup of milk (244 g)
- 15 grams of wheat flour (1 tablespoon)
- 500 grams of water
- 1 medium carrot (61 g)
- 1 cup of diced potatoes (150 g)

COOKING METHOD

1° Put chopped carrot, onion and potatoes in boiling, slightly salted water, bring to a boil, reduce heat, cook for 10 minutes. Cut fish into large pieces to add to vegetables, cook for 6 minutes. Separately, whisk the milk with flour and whisk it, stirring it, into the saucepan with the soup. Bring to a boil and immediately remove from heat.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (360 g)	% DRI
ENERGY	62 kcal	222 kcal	11 %
FAT	2 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	15 mg	55 mg	18 %
SODIUM	34 mg	122 mg	5 %
CARBOHYDRATE	4 g	15 g	5 %
SUGARS	0 g	2 g	–
FIBER	0 g	2 g	6 %
PROTEIN	7 g	24 g	–