PREPARATION: 15 MINUTES | 2 SERVINGS

Quick Chicken Ginger Soup

INGREDIENTS

- *1½ cups no salt added chicken broth*
- *38 g rice vermicelli*
- *½ cup cooked chicken, sliced or diced*
- *¼ cup white mushrooms, sliced*
- *¼ cup zucchini, sliced*
- *1 tablespoon low-sodium soy sauce*
- *1 teaspoon grated fresh ginger*
- *½ teaspoon lemon zest*

PREPARATION

1. In a saucepan, combine all ingredients.
2. Cover and bring to a boil.
3. Remove from the heat and let stand, covered, for 6 minutes, or until the vermicelli is tender.

Tip: People on dialysis can increase the chicken to 1 cup, diced, to add more protein. This soup can also be enjoyed on its own as a savoury snack.

Nutrient Analysis

Per serving: ½ of recipe

Calories	**146 Kcal**
Protein	**14 g**
Carbohydrates	**19 g**
Fibre	1 g
Sugars	2 g
Total Fat	**1 g**
Saturated Fat	0 g
Cholesterol	**29 mg**
Sodium	**551 mg**
Potassium	**307 mg**
Phosphorus	**140 mg**

Suitable for

- ✓ **CKD, not on dialysis**
- ✓ **Hemodialysis**
- ✓ **Kidney transplant**
- ✓ **Diabetes**

Source: Spice it up! Number 36 ISSN 1918-302 X Spice it up!
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