



BREAKFAST

## Rice Idli

**Diet types:** CKD Non - Dialysis, Dialysis, Diabetes

**Nutrients per serving:** Calories 168g, Protein 7g, Carbohydrates 35g, Fat 0g, Cholesterol 0mg, Sodium 93mg, Potassium 161mg, Phosphorus 90mg, Calcium 24mg, Fiber 3.1g

**Renal and Renal Diabetic Food choices :** 2 starch, 1/2 vegetable, medium potassium

### PREPARATION

1. Soak rice and lentils in water. Grind the lentils in a liquidizer to a smooth paste.
2. Grind rice not too fine, a little coarse. Mix the two pastes and add salt. Let the batter ferment for 12 - 14 hours at a warm place (avoid the inside of the oven or on top of a gas stove).
3. Just before cooking, add the soda. Steam idlis on the idli moulds. Serve with sambhar. Makes 30 idlis.

**Portions:** 15

**Serving size:** 2 idlis

### INGREDIENTS

3 cups	Rice, Dry
1 cup	Black lentils, dry, split without skin
1/2 tsp	Salt
1/4 tsp	baking soda

Find more kidney-friendly recipes, visit [davita.in/recipes](https://www.davita.in/recipes) today.

Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

