



Steamed Semolina Idlis

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 228g, Protein 7g, Carbohydrates 32g
Fat 8g, Cholesterol 3mg, Sodium 237mg, Potassium 160mg
Phosphorus 96mg, Calcium 48mg, Fiber 2.8g

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

PREPARATION

1. Heat oil in a pan and add the mustard seeds. When seeds splutter add semolina and brown until it becomes light gold. Remove from heat and cool.
2. Mix yogurt, water, salt, baking soda, green chili and ginger into a smooth batter.
3. Grease idli molds lightly with a small amount of ghee.
4. Sprinkle some of the cabbage, carrot and peas into each mold. Top with the batter and steam for 15 minutes.
5. Serve hot. Make 12 idlis.

Portions: 4

Serving size: 3 idlis

Carbohydrate Choices: 2

INGREDIENTS

2 tsp	Vegetable oil
1/2 tsp	Mustard seeds
1 cup	Semolina (rava)
1/4 cup	Yogurt
1/4 tsp	Salt
1/4 tsp	Aking soda
1	Green chili pepper, chopped
1/2 tsp	Ginger, chopped
1 tsp	Of ghee
1/2 cup	Cabbage, chopped
1/4 cup	Carrots, chopped
1/4 cup	Peas

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

