



BREAKFAST

Super Simple Baked Pancake

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 189g, Protein 8g, Carbohydrates 27g
Fat 5g, Cholesterol 115mg, Sodium 206mg, Potassium 157mg
Phosphorus 135mg, Calcium 90mg, Fiber 0.9g

Renal and Renal Diabetic Food choices: 1/2 meat , 2 starch , 1 fat

PREPARATION

1. Preheat oven to 450° F.
2. Beat eggs and milk in a medium bowl with a wire whisk or electric mixer.
3. Beat in flour, salt and nutmeg until blended (tiny lumps of flour left in the batter are okay).
4. Pour oil into a 9" ovenproof skillet or pie pan and place in preheated oven 5 minutes to heat oil.
5. Carefully pour batter in skillet and bake uncovered 18 to 20 minutes. (Avoid opening oven door until pancake is puffed up and crisp around the edges. Middle will be golden brown when cooked.)
6. Cut into 4 wedges and serve with pancake syrup or fruit spread.B

Portions: 4

Serving size: 1 wedge or 1/4 recipe

Carbohydrate Choices: 2

INGREDIENTS

2 large	Eggs
1/2 cup	Milk
1/2 cup	All-purpose white flour
1/4 tsp	Salt
1/8 tsp	Nutmeg
1 tsp	Vegetable oil

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.

