



## Egg Fried Rice

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

**Nutrients per serving:** Calories 343g, Protein 15g, Carbohydrates 37g, Fat 15g, Cholesterol 212mg, Sodium 238mg, Potassium 350mg Phosphorus 230mg, Calcium 83mg, Fiber 3.2g

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

### PREPARATION

1. Mince garlic and ginger root. Slice carrots. Dice yellow onion and tofu. Chop cilantro and green onions.
2. Beat eggs then sauté in a skillet like an omelet. Chop cooked eggs into pieces and set aside.
3. Heat oil in skillet over moderate heat. Stir in garlic, ginger, carrots, yellow onion, tofu, peas, and dry mustard.
4. When carrots are softened, add rice, chopped eggs and soy sauce. Mix, and turn off heat.
5. Stir in cilantro and green onions.

**Portions:** 4

**Serving size:** 1/2 - cup

**Carbohydrate Choices:** 2 - 1/2

### INGREDIENTS

2	Garlic cloves
1 tsp	Fresh ginger root
1 cup	Fresh carrots
1 cup	Yellow onion
1 cup	Extra firm tofu
1/2 cup	Cilantro
1/2 cup	Green onions
6 large	Eggs
1 tsp	Reduced-sodium soy sauce
3 tsp	Canola oil
1/2 cup	Green peas
1/4 tsp	Dry mustard
4 cups	Rice, cooked

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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.

