



Mango Ginger Fish Fry Recipe (Dolphin Fish)

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 221g, Protein 21g, Cholesterol 67g Sodium 350mg, Potassium 286mg, Phosphorus 139mg, Calcium 28mg, Fiber 1.5g

Renal and Renal Diabetic Food choices: 3 meat, 1/2 fruit, medium potassium

PREPARATION

1. Mince ginger root and garlic.
2. Mix together first seven ingredients to make marinade.
3. Wash fish fillets and pat dry on paper towel.
4. In a shallow glass pan place fish fillets with skin side down. Pour the marinade over fish, covering all around the fillets. Refrigerate for 20 minutes.
5. In a large skillet heat the canola oil and place marinated fish fillets skin side down. Cook over medium heat for 4-6 minutes on each side, turning only once.
6. Transfer fish to a serving plate.
7. In a small saucepan cook the left over marinade to a glaze consistency. Pour over the cooked fish before serving.

Portions: 6

Serving size: 1 fish fillet

Carbohydrate Choices: 1

INGREDIENTS

1/2 cup	Sweet Mango Chutney
2 tsp	Reduced-sodium soy sauce
3 tsp	Balsamic vinegar
1 tsp	Fresh ginger root
1	Garlic clove
1 tsp	White pepper
2 tsp	Olive oil
1-1/2 pounds	Mahi mahi fillets
2 tsp	Canola oil

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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.