



## New Delhi - Style Spicy Chicken

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

**Nutrients per serving:** Calories 195g, Protein 28g, Carbohydrates 7g, Fat 6g, Cholesterol 76mg, Sodium 73g, Potassium 383mg, Phosphorus 226mg, Calcium 59mg, Fiber 1.6g

**Renal and Renal Diabetic Food choices:** 3 meat, 1 vegetable, medium potassium, 4 starch

### PREPARATION

1. To prepare marinade blend together all ingredients except chicken to a smooth paste consistency.
2. Wash chicken and pat dry on paper towel. Place in a shallow glass pan. Pour marinade paste over chicken, coating each piece well. Place in refrigerator for 2 hours to marinate. Turn once or twice.
3. Preheat oven to 350° F. Place chicken in a baking pan and bake for 20 - 25 minutes.
4. Heat extra marinade to a boil then use for basting.

**Portions:** 4

**Serving size:** 3 - 1/2 ounce chicken breast

**Carbohydrate Choices:** 4

### INGREDIENTS

1/2 cup	Onion, chopped fine
1 tsp	Garlic paste
1 tsp	Ginger paste
3 tsp	Sour cream
1/2 cup	Lemon juice
2 tsp	Turmeric powder
1 tsp	Red chili powder
1 tsp	Cumin powder
1 tsp	Black pepper powder
1 tsp	Ground cloves
1 tsp	Cinnamon
4	Four - ounce skinless, boneless chicken breasts

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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.

