



SPICES & CONDIMENTS

Brie And Cranberry Chutney

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 204g, Protein 6g, Carbohydrates 27g
Fat 8g, Cholesterol 28mg, Sodium 184mg, Potassium 118mg
Phosphorus 65mg, Calcium 74mg, Fiber 1.9g

Renal and Renal Diabetic Food choices: 1 meat, 1/2 fruit, low potassium, 1 starch, 1 high-calorie, 1 fat

PREPARATION

1. Preheat oven to 350 F. Wash and drain fresh cranberries.
2. In a large skillet, heat water on medium for 5 minutes and add fresh cranberries. Heat for no more than 5 minutes, just until the cranberries start to burst.
3. Add white and brown sugar.
4. Add spices and stir gently.
5. Remove from heat. Let chutney cool.
6. Remove Brie from the wrapper. Leaving a half - inch border of rind on top of the wheel, cut out a circle and lift out rind from the center to expose the Brie inside.
7. Place Brie on a baking sheet and heat in oven just until the cheese is soft to the touch and the top is slightly melted.
8. Remove Brie from oven and place on a platter.
9. Pour warm chutney over Brie and serve with a variety of low - sodium crackers.

Portions: 10

Serving size: 3/4 ounce Brie, 2 teaspoons chutney and 3 low - sodium crackers

Carbohydrate Choices: 2

INGREDIENTS

one 12-ounce bag fresh cranberries

1/3 cup Water

1/2 cup Sugar

1/2 cup Brown sugar

1 tsp Dry mustard

1 tsp Cloves

1 tsp Cinnamon

1 tsp Nutmeg

1 tsp Allspice

one 8 - ounce wheel of Brie cheese

30 low - sodium crackers

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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.

