



## Chinese Five Spice

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

**Nutrients per serving:** Calories 2g, Protein 0g, Carbohydrates 0g, Fat 0g, Cholesterol 0mg, Sodium 1mg, Potassium 15mg, Phosphorus 4mg, Calcium 19mg, Fiber 0.4g

**Renal and Renal Diabetic Food choices:** None

### PREPARATION

1. Grind all spices and keep in an airtight container until ready to use in a recipe.

**Portions:** 20

**Serving size:** 1/2 teaspoon

**Carbohydrate Choices:** 0

### INGREDIENTS

- |         |                   |
|---------|-------------------|
| 1 bunch | Cilantro          |
| 2/3     | of a green chili  |
| 1       | Medium red onion  |
| 2       | Cloves garlic     |
| 1 tsp   | Whole cumin seeds |
| 1/2 tsp | Salt              |
| 2 tsp   | Lemon juice       |

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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.