



Cilantro Chutney

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 4g, Protein 0g, Carbohydrates 1g
Fat 0g, Cholesterol 0mg, Sodium 37mg, Potassium 21mg
Phosphorus 4mg, Calcium 4mg Fiber 0.1g

Renal and Renal Diabetic Food choices: None

PREPARATION

1. Wash cilantro and green chili.
2. Roughly chop onion, garlic, cilantro and chili.
3. Grind in a blender along with salt, cumin and lemon juice.
4. Serve with idli, on a veggie sandwich or with other snacks.

Portions: 30

Serving size: 1 tablespoon

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 |
| 1/2tsp | 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.