



## Garam Masala

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

**Nutrients per serving:** Calories 2g, Protein 0g, Carbohydrates 0g, Fat 0g, Cholesterol 0mg, Sodium 1mg, Potassium 12mg, Phosphorus 2mg, Calcium 8mg, Fiber 0.2g

**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:** 14

**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.