



Mango Chutney

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 66g, Protein 0g, Carbohydrates 14g Fat 1g, Cholesterol 0mg, Sodium 4mg, Potassium 110mg, Phosphorus 11mg, Calcium 12mg, Fiber 1.0g

Renal and Renal Diabetic Food choices: 1 fruit, medium potassium

PREPARATION

1. In a medium skillet heat oil and sauté onion until soft. Add ginger and garlic; cook for 2 minutes.
2. Add mango, sugar, vinegar, raisins, cranberries, pepper flakes and allspice.
3. Bring mixture to a boil then reduce heat to medium. Continue cooking and stirring 10 to 15 minutes until fruit is soft and mixture is thickened.
4. Refrigerate to chill.

Portions: 12

Serving size: 2 tablespoons

Carbohydrate Choices: 1

INGREDIENTS

1 tsp	Canola oil
1/2 cup	Onion, finely chopped
2 tsp	Fresh ginger root, minced
2 tsp	Garlic, minced
3 cups	Raw mango, cut up
1/4 cup	Packed brown sugar
1/4 cup	Distilled vinegar
2 tsp	Golden raisins
2 tsp	Dried cranberries
1/8 to 1/4 tsp	Red chili pepper flakes
1/4 tsp	Ground all spices

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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.

