



VEG MAIN COURSE

Cranberry Rice Pulao

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 125g, Protein 2g, Carbohydrates 21g, Fat 4g, Cholesterol 11mg, Sodium 34mg, Potassium 71mg Phosphorus 74mg, Calcium 11mg, Fiber 0.7g

Renal and Renal Diabetic Food choices: 1 starch, 1 fat

PREPARATION

1. Soak rice and all ingredients for 40-45 minutes at room temperature.
2. Place all ingredients in a rice cooker.
3. If using a microwave rice cooker, microwave for 12 minutes at full power. If cooking stove top, bring to a boil, then reduce heat to a simmer. Cook covered for 20 minutes.
4. Let stand for 5 minutes before serving.

Portions: 6
Serving size: 1/2 cup.
Carbohydrate Choices: 1-1/2

INGREDIENTS

- 1 cup Basmati rice, dry
- 2 tsp Dried cranberries
- 1 Bay leaf
- 1 inch Cinnamon stick
- 1/2 tsp Black cumin
- 2 tsp Butter
- 2 cups Water

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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.

