



Dal Fry

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 231g, Protein 9g, Carbohydrates 42g
Fat 3g, Cholesterol 0mg, Sodium 144mg, Potassium 327mg,
Phosphorus 166mg, Calcium 44g, Fiber 5.3g

Renal and Renal Diabetic Food choices: 2 - 1/2 starch, 1 vegetable,
medium potassium

PREPARATION

1. In a saucepan, heat vegetable oil. Add mustard seeds and cumin. When they splutter, add chopped onion, green chilies and ginger. Fry till the onion gets a light brown color.
2. Add cooked lentils; add 3/4 cup water, salt and mustard powder. Cook for 10 minutes till the lentil cooks to desired consistency.
3. Add lemon juice and sprinkle with chopped cilantro.
4. Serve hot with rotis / rice.

Portions: 4

Serving size: 3/4 cup

Carbohydrate Choices: 3

INGREDIENTS

2 tsp	Vegetable oil
1 tsp	Black mustard seeds
1 tsp	Whole cumin seeds
1/2 cup	Onion, chopped
1 green	Chili pepper, chopped
1 tsp	Ginger, grated
1 cup	Green lentil, cooked soft
1 - 1/2 cups	Water
1/4 tsp	Salt
1/2 tsp	Mustard powder
1/2 tsp	Red chili powder
2 tsp	Lemon juice
1 tsp	Cilantro, chopped finely
4 cups	Cooked white rice

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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.

