



Cauliflower Manchurian

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 77g, Protein 2g, Carbohydrates 6g
Fat 5g, Cholesterol 0mg, Sodium 23mg, Potassium 225mg
Phosphorus 36mg, Calcium 20mg, Fiber 1.9g

Renal and Renal Diabetic Food choices: 1 vegetable, medium potassium, 1 fat

PREPARATION

1. Separate cauliflower into florets. Finely shred ginger root and mince garlic clove.
2. Steam cauliflower in microwave for 12 minutes on medium setting, until soft but not mushy.
3. Combine ginger root, garlic, spices and rice flour. Coat cauliflower uniformly.
4. Heat oil. Deep fry coated cauliflower florets in hot oil until golden brown. Drain on paper towels.
5. Drizzle with lemon juice and serve hot.

Portions: 6

Serving size: 1/2 cup

Carbohydrate Choices: 1/2

INGREDIENTS

| | |
|---------|---------------------------|
| 1 | Medium head cauliflower |
| 1 | One-inch ginger root cube |
| 1 | Garlic clove |
| 1 tsp | Curry powder |
| 1/2 tsp | Chili powder |
| 1/2 tsp | Cumin powder |
| 2 tsp | Rice flour |
| 1 tsp | Lemon juice |
| 4 cups | Canola oil |

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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.

