



Corn And Cheese Balls

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 253g, Protein 7, Carbohydrates 27g, Fat 13g, Cholesterol 3mg, Sodium 287mg, Potassium 169mg, Phosphorus 86mg, Calcium 46mg, Fiber 2.3g

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

PREPARATION

1. In a mixing bowl, mix the cheese and thawed corn.
2. Soak bread slices in water and squeeze out water so the bread becomes dry. Add this to corn and cheese mixture. Add flour, dry spices and cilantro. Mix it gently.
3. Heat the oil in a large saucepan. Using a tablespoon, form small balls from the corn and cheese mixture and drop each ball into the hot oil. Cook until golden brown.
4. Remove balls from the oil and place on a tray with kitchen napkin to drain excess oil.
5. Serve hot with Cilantro Chutney.

Portions: 8

Serving size: 4 balls

Carbohydrate Choices: 2

INGREDIENTS

1/2 cup	Cottage cheese or paneer cheese, crumbled
2 cups	Frozen yellow corn, thawed
4 white	Bread slices
1/2 cup	All-purpose white flour
1	Green chili, finely chopped
1 tsp	Chili powder
2 tsp	Cilantro, finely chopped
1 tsp	Cumin powder
1 tsp	Cilantro powder
1/4 tsp	Salt
2 cups	Vegetable oil for frying

Find more kidney-friendly recipes, visit [davita.in/recipes](https://www.davita.in/recipes) today.

Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

