International Flavors
Healthy Kidney-Friendly Recipes from Around the World

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Dear Reader,

Today, travel and technology help connect countries all over the world, especially when it comes to what we eat. Foods from many countries are available in local grocery stores; restaurants offer an array of cuisines; and recipes from most countries and regions are available online and in stores.

Global recipes open the door to a wealth of new flavors and dishes to expand and add excitement to meal choices for those following a kidney-friendly diet that focuses on high-quality protein and lower sodium, potassium and phosphorus.

We’ve put together a collection of 18 recipes from around the world, including Corn Cakes with Cheese (Arepas) from Colombia, Cool Cucumber Soup from the Kingdom of Saudi Arabia and Bavarian Apple Tart from Germany.

We hope you enjoy the selection of meals found in the following pages.

Happy cooking!
Your DaVita Team

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Cucumber Fried Eggs

Recipe submitted by the DaVita dietitian team.

Portions: 4       Serving Size: 145 grams (1/4 of recipe)

Diet types:
CKD non-dialysis, dialysis

Nutrients per serving:
- Calories: 159
- Cholesterol: 186 mg
- Calcium: 48 mg
- Protein: 9 g
- Sodium: 367 mg
- Fiber: 1.1 g
- Carbohydrates: 5 g
- Potassium: 357 mg
- Fat: 12 g
- Phosphorus: 163 mg

Ingredients
- 4 large eggs (200 grams)
- 250 g cucumber
- 280 g champignons
- 1/2 teaspoon salt
- 60 g green onion
- 1/2 teaspoon rice wine
- 1 teaspoon vinegar
- 2 tablespoons oil

Preparation
1. Clean and thinly slice the cucumber.
2. Slice champignons.
3. Mince ginger root and green onion.
4. Mix eggs with minced ginger root and green onion; stir them together.
5. Heat the oil in the pan.
6. Fry eggs in the pan for 2 minutes and take it out onto a plate.
7. Fry sliced cucumber for 2-3 minutes.
8. Mix egg with cucumber, add champignons.
9. Add some salt, rice wine and vinegar into the pan; stir-fry gently until champignons and cucumber are cooked.

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Mushy Pumpkin and Walnut Dessert

Recipe submitted by the DaVita dietitian team.

Portions: 4       Serving Size: 80 g each

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
Calories: 53  Cholesterol: 1 mg  Calcium: 23 mg
Protein: 2 g  Sodium: 167 mg  Fiber: 1.2 g
Carbohydrates: 4 g  Potassium: 201 mg
Fat: 4 g  Phosphorus: 59 mg

Ingredients
• 100 g walnuts, shelled
• 300 g pumpkin
• 30 mL milk
• 600 mL water

Preparation
1. Remove the walnut shell and make nut into powder.
2. Remove skin of pumpkin and cut into pieces. Put pieces of pumpkin into a microwave-safe container. Place in microwave oven for 5 minutes on high temperature.
3. Add water into food mixer with pumpkin and walnut; stir them together.
4. Put into pot and stir over low heat until pumpkin is mushy.
5. Add milk into it slowly and mix together.

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**Eggplant Casserole**

Recipe submitted by the DaVita dietitian team.

**Portions:** 4  **Serving Size:** 140 g

**Diet types:** CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:**
- Calories: 134
- Cholesterol: 142 mg
- Calcium: 87 mg
- Protein: 8 g
- Sodium: 215 mg
- Fiber: 2.2 g
- Carbohydrates: 13 g
- Potassium: 261 mg
- Fat: 6 g
- Phosphorus: 133 mg

**Ingredients**
- 250 g eggplant
- 3 large eggs (150 g)
- 120 mL 2% milk
- 1/8 teaspoon salt
- 1/2 teaspoon pepper
- 60 g breadcrumbs
- 1 teaspoon margarine

**Preparation**
1. Preheat oven to 170° C.
2. Peel and cut up eggplant. Place eggplant pieces in a pot, cover with water and boil until tender. Drain and mash.
3. Mix eggs and combine with milk, salt, pepper and mashed eggplant. Place in a greased casserole dish.
4. Melt margarine and mix with breadcrumbs.
5. Top casserole with breadcrumbs and bake 20 minutes or until top begin to brown.
Festive Egg Scramble
Recipe submitted by the DaVita dietitian team.

Portions: 8  Serving Size: 80 g

Diet types:
      CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
      Calories: 92  Cholesterol: 186 mg  Calcium: 34 mg
      Protein: 7 g   Sodium: 105 mg  Fiber: 0.6 g
      Carbohydrates: 3 g  Potassium: 125 mg
      Fat: 8 g  Phosphorus: 108 mg

Ingredients
• 80 g onion
• 75 g red bell pepper
• 75 g green bell pepper
• 8 large eggs (400 g)
• 1 teaspoon black pepper
• 2 tablespoons margarine

Preparation
1. Finely chop the onion and bell peppers.
2. Mix the eggs, onion, bell peppers and black pepper in a bowl.
3. Melt margarine in a skillet. Add egg mixture and cook until eggs are set. Stir often to prevent sticking.
4. Serve hot or keep warm until ready to serve.

Grilled Corn Cakes (Arepas) with Cheese
Recipe submitted by the DaVita dietitian team.

Portions: 3  Serving Size: 1 large corn cake (arepa)

Diet types:
      CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
      Calories: 356  Cholesterol: 42 mg  Calcium: 279 mg
      Protein: 15 g  Sodium: 267 mg  Fiber: 0 g
      Carbohydrates: 49 g  Potassium: 22 mg
      Fat: 14 g  Phosphorus: 276 mg

Ingredients
• 200 g white corn flour
• 100 g costeño cheese (a salty hard cheese)
• 1 teaspoon butter
• 1/2 teaspoon (3 g) anise
• 237 mL hot water

Preparation
1. Place the corn flour in a bowl.
2. Add the ground cheese and the anise.
3. Add the warm water and mix with a spatula.
4. Leave to rest for 10 minutes then knead.
5. Form the arepas: circles about 13 cm wide and 1-1/2 cm thick.
6. Place the butter on the pan and cook the arepas until slightly browned.
Bavarian Apple Tart

Recipe submitted by the DaVita dietitian team.

Portions: 10  Serving Size: 1 Slice

Diet types: CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
Calories: 337  Cholesterol: 69 mg  Calcium: 44 mg
Protein: 4 g  Sodium: 164 mg  Fiber: 2.6 g
Carbohydrates: 39 g  Potassium: 168 mg
Fat: 19 g  Phosphorus: 101 mg

Ingredients
• 120 g butter
• 200 g sugar
• 1 teaspoon vanilla sugar
• 120 g whole wheat flour
• 220 g cream cheese
• 1 large egg (50 g)
• 1/2 teaspoon cinnamon
• 4 medium apples (750 g)
• 30 g slivered almonds

Preparation
1. Preheat oven to 230° C.
2. Set cream cheese out to soften. Peel, core and slice apples.
3. Cream together butter, 70 g sugar and 1/2 teaspoon vanilla sugar.
4. Fold in flour to make dough.
5. Spread dough on bottom and sides of a 23 cm spring form pan.
6. In a medium bowl combine softened cream cheese and 70 g sugar; mix well.
7. Add egg and 1/2 teaspoon vanilla sugar; mix until blended.
8. Pour mixture into pastry-lined pan.
9. Combine 60 g sugar and cinnamon; toss with apples until all are coated.
10. Spoon apple mixture over cream cheese layer.
11. Sprinkle with almonds.
12. Bake at 230° C for 10 minutes.

Helpful hints
• One medium apple yields 180 g when peeled and cored.
• You can substitute fresh cranberries for slivered almonds on top of tart to reduce phosphorus to 53 mg per serving.
Chicken Fruit Salad

Recipe submitted by the DaVita dietitian team.

**Portions:** 8  **Serving Size:** 180 g

**Diet types:**
CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:**
- Calories: 380
- Protein: 17 g
- Carbohydrates: 31 g
- Fat: 21 g
- Cholesterol: 47 mg
- Sodium: 183 mg
- Potassium: 291 mg
- Phosphorus: 159 mg
- Calcium: 23 mg
- Fiber: 1.7 g

**Ingredients**
- 230 g small shell pasta, uncooked
- 400 g cooked chicken
- 200 g celery
- 200 g seedless grapes
- 430 g canned mandarin oranges
- 170 g mayonnaise

**Preparation**
2. Cook pasta according to package, omitting the salt. Drain and rinse in cold water to cool. Drain well.
3. In a large bowl, combine cooked pasta and all ingredients. Mix well to combine.
4. Cover and refrigerate until serving time.

Helpful hints
- This salad tends to taste better the second day as leftovers.
- Use reduced-fat mayonnaise if desired. Look for the lowest sodium brand.

Ravioli and Zucchini

Recipe submitted by the DaVita dietitian team.

**Portions:** 4  **Serving Size:** 180 g

**Diet types:**
CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:**
- Calories: 228
- Protein: 12 g
- Carbohydrates: 26 g
- Fat: 8 g
- Cholesterol: 75 mg
- Sodium: 196 mg
- Potassium: 396 mg
- Phosphorus: 148 mg
- Calcium: 44 mg
- Fiber: 2.2 g

**Ingredients**
- 250 g frozen beef ravioli
- 270 g zucchini
- 3 green onions (50 g)
- 1 medium red bell pepper (120 g)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil leaves
- 1/8 teaspoon black pepper
- 2 tablespoons chicken broth
- 2 tablespoons water
- 2 teaspoons olive oil

**Preparation**
1. Julienne cut zucchini and slice green onion; coarsely chop bell pepper.
2. Cook ravioli as directed on the package.
3. Heat oil in a large, nonstick skillet, and heat over medium-high heat.
4. Add zucchini, green onions, bell pepper, garlic powder, basil and black pepper. Cook for 3 to 5 minutes until veggies are crisp-tender.
5. Drain ravioli, add broth, and stir into the vegetable mixture.
6. Cover skillet and cook over medium-low heat for another 5 minutes, or until thoroughly heated. Stir occasionally, being careful not to break the ravioli.

Helpful hints
- If vegetables are prepared earlier, this is a quick and easy meal that anyone can put together.
- Goes well with tossed salad and French bread.
- Try other types of ravioli—frozen or fresh, beef or chicken.
Vegetable Cutlets

Recipe submitted by the DaVita dietitian team.

Portions: 6  Serving Size: 2 cutlets (200 g)

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
- Calories: 143
- Protein: 4 g
- Carbohydrates: 21 g
- Fat: 5 g
- Cholesterol: 0 mg
- Sodium: 219 mg
- Potassium: 241 mg
- Phosphorus: 60 mg
- Calcium: 75 mg
- Fiber: 3.4 g

Ingredients
- 110 g carrots
- 140 g cabbage
- 240 g frozen French style green beans
- 1/4 teaspoon salt
- 1 teaspoon cumin powder
- 1 teaspoon cilantro powder
- 1 teaspoon red chili powder
- 60 g white flour
- 4 slices white bread (120 g)
- 5 g fresh cilantro
- 1/2 teaspoon lime juice
- 2 tablespoons oil
- 2 sprigs fresh dill (optional)

Preparation
1. Thaw and chop green beans. Grate carrots, cabbage and fresh cilantro.
2. Soak bread slices in water and drain by squeezing between the palms of your hands.
3. In a medium pan cover cabbage and carrots with water and boil for 10 minutes. Add the chopped green beans and cook until completely done. Drain excess water and cool.
4. Add spices, flour, bread slices, cilantro and lime juice to vegetables and mix well.
5. Make 12 balls and flatten each into a patty the size of a small burger.
6. Heat a saucepan over medium heat. Add the oil and place patties in the saucepan, two or three at a time without crowding. Flip patties over when cooked, about 2-3 minutes on each side.
7. Top with fresh dill and serve hot.

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Asian Orange Chicken

Recipe submitted by the DaVita dietitian team.

Portions: 4  Serving Size: 230 g

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
Calories: 244  Cholesterol: 37 mg  Calcium: 30 mg
Protein: 14 g  Sodium: 258 mg  Fiber: 0.4 g
Carbohydrates: 21 g  Potassium: 243 mg
Fat: 12 g  Phosphorus: 120 mg

Ingredients
• 1/2 teaspoon fresh ginger root
• 1 garlic clove (3 g)
• 2 tablespoons green onion
• 400 mL water
• 2 tablespoons orange juice
• 60 mL lemon juice
• 80 mL vinegar
• 15 mL soy sauce
• 1 tablespoon orange zest
• 75 g brown sugar
• 1/4 teaspoon red pepper flakes
• 230 g boneless, skinless chicken breast
• 3 tablespoons olive oil
• 2-1/2 tablespoons cornstarch

Preparation
2. Pour 350 mL water, orange juice, lemon juice, rice vinegar, and soy sauce into a saucepan and set over medium-high heat. Stir in the orange zest, brown sugar, ginger, garlic, chopped onion, and red pepper flakes. Bring to a boil. Remove from heat, and cool 10 to 15 minutes.
3. Cut chicken into 1-1/2 cm pieces and place into a resealable plastic bag. When contents of saucepan have cooled, pour 240 mL of sauce into bag. Reserve the remaining sauce. Seal the bag, and refrigerate at least 2 hours.
4. Heat the olive oil in a large skillet over medium heat. Place the marinated chicken into the skillet, and brown on both sides. Drain on a plate lined with paper towels and set aside.
5. Wipe out the skillet, and add the reserved sauce. Bring to a boil over medium-high heat. Mix together the cornstarch and remaining 50 mL of water, stir into the sauce. Reduce heat to medium low, add the chicken pieces, and simmer, about 5 minutes, stirring occasionally.
6. Divide into 4 portions and serve hot.
Fresh Tofu Spring Rolls

Recipe submitted by the DaVita dietitian team.

Portions: 6  Serving Size: 2 spring rolls

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
- Calories: 156
- Protein: 8 g
- Carbohydrates: 20 g
- Fat: 5 g
- Cholesterol: 0 mg
- Sodium: 161 mg
- Potassium: 300 mg
- Phosphorus: 93 mg
- Calcium: 46 mg
- Fiber: 1.3 g

Ingredients
- 12 leaves Romaine lettuce
- 450 g firm tofu
- 1/2 tablespoon ground cumin
- 1/2 tablespoon granulated garlic
- 1/4 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 12 rice wrappers for spring rolls
- 2 medium carrots (120 g)
- 1/2 sliced red onion (50 g)

Preparation
1. Wash and dry Romaine leaves, then cut each leaf in half lengthwise. Grate carrots or cut julienne style. Set aside.
2. Boil 1-1/2 L of water and set aside to soak rice wrappers later.
3. Drain and pat dry tofu. Slice into 12 pieces, each about 10 centimeters long.
4. Spread tofu on plate and season evenly with cumin, granulated garlic, sea salt and black pepper.
5. Heat non-stick pan with olive oil. Once pan is heated, place tofu strips seasoned side down on oil-coated pan. Season the other side of tofu facing up and fry until bottom is lightly browned, about 1-2 minutes. Flip and fry until second side is lightly browned, about 1-2 minutes. Place tofu on plate to cool.
6. Pour hot water into a large shallow bowl. Take a rice wrapper and dip in hot water, turning to moisten all edges. Once slightly soft, place wrapper on a large plate and place 2 halves of Romaine lettuce in center of the wrapper toward the edge nearest your body. Sprinkle 2-3 tablespoons of grated carrot and 1-2 tablespoons of sliced onion on top of the lettuce. Place one cooled tofu strip on top of the vegetables.
7. Fold the sides in, and then fold the bottom up and roll tightly all the way up to close the spring roll. Repeat with the rest of the rice wrappers, vegetables and tofu strips.
8. Refrigerate and serve cold.
Crunchy Couscous Salad

Recipe submitted by the DaVita dietitian team.

Portions: 6  Serving Size: 115 g

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
Calories: 129  Cholesterol: 4 mg  Calcium: 48 mg
Protein: 3 g  Sodium: 167 mg  Fiber: 1.5 g
Carbohydrates: 16 g  Potassium: 109 mg
Fat: 6 g  Phosphorus: 55 mg

Ingredients
• 1 medium cucumber (200 g)
• 75 g red bell pepper
• 40 g sweet onion
• 2 tablespoon black olives
• 15 g flat-leaf parsley
• 100 g couscous, uncooked
• 180 mL water
• 2 tablespoons olive oil
• 2 tablespoons unseasoned rice vinegar
• 2 tablespoons feta cheese crumbles
• 1-1/2 teaspoon dried basil
• 1/4 teaspoon salt
• 1/4 teaspoon black pepper

Preparation
1. Thinly slice and quarter cucumbers. Chop bell pepper, onion, olives and parsley.
2. In a medium saucepan heat water to a boil and add couscous. Return to boiling. Remove pan from heat, cover and let stand for 5 minutes. Fluff with a fork and let cool while preparing vegetables.
3. Add cucumber, bell pepper, onion, olives and parsley to couscous.
4. Combine olive oil, wine or vinegar, feta cheese, basil, salt and pepper to make dressing. Mix with the couscous salad.
5. Refrigerate at least 1 hour. Serve chilled.

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Foil Baked Pimento Cod Fillets

Recipe submitted by the DaVita dietitian team.

Portions: 4  Serving Size: 110 g

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
Calories: 105  Cholesterol: 32 mg  Calcium: 15 mg
Protein: 14 g  Sodium: 193 mg  Fiber: 1.1 g
Carbohydrates: 3 g  Potassium: 221 mg
Fat: 4 g  Phosphorus: 91 mg

Ingredients
• 340 g cod fillets
• 1 lemon
• 1/4 teaspoon salt
• 1/2 teaspoon black pepper
• 100 g red (or green) bell pepper
• 1 tablespoon olive oil

Preparation
1. Preheat oven to 170° C. Chop red bell pepper.
2. Place 2 large sheets of heavy duty aluminum foil on preparation surface.
3. Thinly slice lemon. Spread lemon slices, half on each piece of foil.
4. Set cod fillets on top of lemon slices, 2 fillets or about 170 g per foil.
5. Lightly sprinkle each fillet with measured salt and pepper.
6. Spoon red bell pepper over each fillet, then drizzle with olive oil.
7. Fold foil edges together to seal fish inside. Place on a baking sheet and bake for 20 minutes. Remove fillets from foil to serve.

Helpful hints
• Use fresh or frozen cod. If frozen, thaw before preparing recipe.
• When adding very small amounts of salt, try combining with pepper or other ground spices. Use a refillable shaker to distribute evenly over food.
Chicken and Rice Casserole

Recipe submitted by the DaVita dietitian team.

Portions: 6    Serving Size: 300 g

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
- Calories: 297
- Protein: 19 g
- Carbohydrates: 32 g
- Fat: 10 g
- Cholesterol: 48 mg
- Sodium: 212 mg
- Potassium: 305 mg
- Phosphorus: 204 mg
- Calcium: 79 mg
- Fiber: 1.6 g

Ingredients
- 1 tablespoons unsalted butter
- 150 g bell pepper
- 80 g onion
- 2 tablespoons olive oil
- 40 g white flour
- 1/4 teaspoon black pepper
- 2 teaspoons soy sauce (optional)
- 360 mL water
- 240 mL milk
- 550 g cooked white rice
- 280 g cubed chicken or turkey, cooked, skinless
- 80 g canned mushrooms, sliced
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano

Preparation
1. Heat the oven to 180° C. Grease a 1-1/2 liter baking dish with unsalted butter or margarine.
2. Chop bell peppers and onion.
3. In a large saucepan, heat olive oil over low heat.
4. Stir in flour and black pepper. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat.
6. Stir in cooked rice, chicken or turkey, mushrooms, bell pepper, onion and dried herbs.
7. Pour into baking dish. Bake uncovered for 45 minutes.

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Cranberry-Apple Salad

Recipe submitted by the DaVita dietitian team.

Portions: 10  Serving Size: 110 g

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
- Calories: 111
- Protein: 0 g
- Carbohydrates: 29 g
- Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 5 mg
- Potassium: 89 mg
- Phosphorus: 10 mg
- Calcium: 6 mg
- Fiber: 2.8 g

Ingredients
- 4 medium apples (750 g)
- 180 g dried cranberries
- 1 tablespoon lemon juice
- 50 g miniature marshmallows
- 50 g sugar (optional)

Preparation
1. Peel and core apples. Place apples and cranberries in a food processor and chop.
2. Sprinkle with lemon juice and mix well.
3. Fold in marshmallows and sugar (optional).
4. Chill at least 4 hours.
5. Stir and serve.

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Cool Cucumber Soup

Recipe submitted by the DaVita dietitian team.

Portions: 5  Serving Size: 170 g

Diet types:
CKD non-dialysis, dialysis, diabetes

Nutrients per serving:
- Calories: 78
- Protein: 2 g
- Carbohydrates: 6 g
- Fat: 5 g
- Cholesterol: 12 mg
- Sodium: 128 mg
- Potassium: 256 mg
- Phosphorus: 64 mg
- Calcium: 60 mg
- Fiber: 1.0 g

Ingredients
- 2 medium cucumbers (600 g)
- 50 g sweet white onion
- 1 green onion (15 g)
- 5 g fresh mint
- 2 tablespoons fresh dill
- 2 tablespoons lemon juice
- 160 mL water
- 120 mL half and half cream
- 65 g sour cream
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- fresh dill sprigs for garnish (optional)

Preparation
2. Place all ingredients into a blender and blend until smooth.
3. Cover and refrigerate until chilled.
4. Garnish soup with fresh dill sprigs if desired.

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Cucumber Mint Salad

Recipe submitted by the DaVita dietitian team.

**Portions: 4  Serving Size: 80 g**

**Diet types:**
CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:**
- Calories: 25
- Protein: 1 g
- Carbohydrates: 3 g
- Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 3 mg
- Potassium: 122 mg
- Phosphorus: 20 mg
- Calcium: 18 mg
- Fiber: 0.5 g

**Ingredients**
- 1 English cucumber (300 g)
- 1 teaspoon extra virgin olive oil
- 1 tablespoon dried mint
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- Fresh dill sprigs for garnish (optional)

**Preparation**
1. Wash and dice cucumber and place in a bowl.
2. Add olive oil, dried mint, pepper and garlic.
3. Mix and garnish with fresh dill sprigs if desired. Refrigerate to chill before serving.

Helpful hints
- Add a splash of vinegar just before serving, if desired.
- Add additional spices to suit your taste.

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Watermelon Summer Cooler

Recipe submitted by the DaVita dietitian team.

**Portions: 2  Serving Size: 180 mL**

**Diet types:**
CKD non-dialysis, dialysis, diabetes

**Nutrients per serving:**
- Calories: 51
- Protein: 0 g
- Carbohydrates: 13 g
- Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 1 mg
- Potassium: 94 mg
- Phosphorus: 9 mg
- Calcium: 6 mg
- Fiber: 0.3 g

**Ingredients**
- 220 g crushed ice
- 150 g seedless watermelon cubes
- 2 teaspoons lime juice
- 1 tablespoon sugar
- 2 small watermelon wedges for garnish

**Preparation**
- Place all ingredients except garnish wedges in a blender and blend for 30 seconds.
- Pour into 2 small glasses, garnish with wedges and enjoy!

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