

PREPARATION: 5 MINUTES | FREEZING: 2 HOURS  
SERVINGS: 4

# MANDARIN SHERBET

## INGREDIENTS

*2 cups canned mandarin oranges, drained*

*¼ cup pasteurized egg whites*

*1 tablespoon lemon juice*

## PREPARATION

- 1** Cover a baking sheet with parchment paper. Distribute the mandarin orange wedges on the sheet and put into the freezer for a minimum of 2 hours.
- 2** With a blender, mix the frozen wedges, the egg whites and lemon juice and pulse until you get an icy consistency.
- 3** Serve immediately or place in individual serving cups and freeze for later use.



# MANDARIN SHERBET



## Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
½ Higher-Potassium Fruit	
Calories	<b>44</b>
Protein	<b>2g</b>
Total Carbohydrate	<b>9g</b>
Fiber	<b>1g</b>
Sugars	<b>8g</b>
Fat	<b>0g</b>
Saturated	<b>0g</b>
Cholesterol	<b>0mg</b>
Sodium	<b>29mg</b>
Potassium	<b>156mg</b>
Phosphorus	<b>17mg</b>
Calcium	<b>13mg</b>
Iron	<b>0mg</b>
Magnesium	<b>12mg</b>
Vitamin C	<b>34mg</b>

## Diet Types

- |                    |                     |
|--------------------|---------------------|
| ✓ CKD Non-Dialysis | ✓ Dialysis/Diabetes |
| ✓ Dialysis         | ✓ Transplant        |

## POTASSIUM CHECK ✓

### Canned fruit choices for the kidney diet

A balanced low-potassium diet can provide you with the different nutrients your body needs. Fruit is a natural source for fiber, folic acid, and vitamins C and A. Aim for 3 servings per day from this food group. While fresh fruit is an excellent option, canned fruit can also be a low-potassium choice. Choose canned fruit items such as apricots in juice, fruit cocktail, peaches, pears, applesauce and mandarin oranges. Roughly a ½ cup portion of these fruits is considered a single serving.

When browsing the grocery aisle, consider the following when selecting canned fruit. First, read labels and stay clear of choices with potassium-containing additives. Next, aim for the most natural fruit choice with limited added ingredients. Fruit canned in fruit juice is a healthier choice in place of those canned in heavy syrup to limit added sugars and unwanted calories. Lastly, select cans free of deep dents to ensure food safety and proper storage.

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