

PREPARATION: 5 MINUTES | COOKING: 1 MINUTE | SERVINGS: 1

ORANGE MUG CAKE

INGREDIENTS

3 tablespoons all-purpose flour

1/8 teaspoon baking soda

1 tablespoon granulated sugar

1 teaspoon orange zest*

1 1/2 teaspoon canola oil

2 tablespoons milk

1 tablespoon orange juice*

1/2 teaspoon vanilla extract

* You can use lemon zest and lemon juice instead

PREPARATION

- 1** Spray inside of microwave safe mug with non-stick cooking spray.
- 2** Sift together the first four dry ingredients and place in mug.
- 3** To the dry ingredients, add oil, milk, orange juice and vanilla extract. Whisk until well mixed and free of lumps.
- 4** Place mug in a microwave and cook for approximately 1 minute. The cake should rise and be firm to the touch. Do not overcook.
- 5** Serve immediately.

Note: Cooking times may vary based on microwave.



ORANGE MUG CAKE

POTASSIUM CHECK

Oranges and mandarin oranges

It is very common for those who follow a kidney-friendly diet to be cautious about their potassium intake. When this is the case, there are a number of fruits and vegetables that should be consumed in moderation due to their higher potassium content. An orange is one of those foods. Eating a fresh orange or drinking orange juice may not be possible, at least on a regular basis. A good lower-potassium alternative for a fresh orange would be a mandarin orange. One mandarin orange contains 146 milligrams of potassium compared to 238 milligrams of potassium in one medium-sized orange.

A ripe mandarin is firm to slightly soft, heavy for its size and has pebbly looking skin. The peel is very thin, so they are usually easier to peel and split into segments than a traditional orange. You can enjoy them as a snack or healthy dessert. Peel and section to add to a tossed lettuce, fruit or chicken salad to add color and flavor. When fresh mandarins are out of season, you can purchase them in a can or individual serving cups. Choose those packed in water, not syrup.



Nutrient Analysis	
PER SERVING	
1 Mug Cake	
Renal/Diabetic exchanges:	
2 Starch + 2 Fat	
Calories	231Kcal
Protein	4g
Total Carbohydrate	36g
Fiber	1g
Sugars	14g
Fat	8g
Saturated	1g
Cholesterol	2mg
Sodium	173mg
Potassium	111mg
Phosphorus	60mg
Calcium	47mg
Iron	0mg
Magnesium	13mg
Vitamin C	8mg

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

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