

STRAWBERRY ANGEL CUPCAKES

INGREDIENTS

1 cup egg whites

½ cup white sugar*

1 tablespoon lemon zest

½ teaspoon vanilla extract

¾ cup powdered sugar, sifted

¾ cup cake and pastry flour, sifted

Garnish

2 cups whipped cream

16 strawberries, washed, stemmed and sliced

* To lower the carbohydrate content you can use a sugar substitute

PREPARATION

- 1** Preheat oven to 350°F and line the muffin tins with paper cups.
- 2** In a clean mixing bowl, whip the egg whites until frothy. Slowly add the white sugar and continue to whip until peaks form. Mix in the lemon zest and vanilla extract.
- 3** Carefully fold in the sifted powdered sugar and cake flour. Do not overmix.
- 4** Pour the angel food cake mixture into the lined muffin tins and bake for approximately 25 minutes or until cupcakes become firm and golden.
- 5** Once the cupcakes have cooled, place them in the refrigerator. Garnish each cupcake with a sliced strawberry and whipped cream before serving.

SUGGESTION

- ✓ *Cupcakes can be stored in the freezer. Place them in freezer bags. Garnish after defrosting.*



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Nutrient Analysis	
PER SERVING	
2/3 of recipe (1 cupcake)	
Renal/Diabetic exchanges:	
1 Starch	
Calories	94Kcal
Protein	2g
Total Carbohydrate	17g
Fiber	0g
Sugars	12g
Fat	2g
Saturated	1g
Cholesterol	6mg
Sodium	26mg
Potassium	61mg
Phosphorus	17mg
Calcium	12mg
Iron	0mg
Magnesium	5mg
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

POTASSIUM CHECK

Strawberries

With so many limitations in the kidney diet, eating a variety of brightly colored fruit is important to ensure you are consuming a wealth of nutrients. The bright red color of the berry comes from an antioxidant it naturally contains. Eating strawberries helps your kidneys do their work by reducing inflammation in your body.

A half-cup serving of strawberries, or roughly 5 medium berries, contains approximately 120mg of potassium and very low amounts of sodium and phosphorus. This fruit is also full of vitamin C, manganese, folate and fiber. Offering a rich taste, strawberries can be added to any meal. Choose at breakfast to top hot or cold cereal. Treat your taste buds at lunch by adding strawberries to a low potassium fruit or chicken salad. Enjoy at dinner as a main entrée salad addition or a meat marinade. Select strawberries as a snack or mix as part of a smoothie for a low-calorie dessert.

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