



Buckwheat paniyaram with bell pepper & garlic dip



Cooking time:
15 mins

Serves:
7-8 paniyaram with
1 small bowl dip



Expert comments:

- Buckwheat is gluten-free and is high in fibre
- It helps in improving blood sugars and is an excellent alternate to rice for people with diabetes
- This recipe is perfect for the ones who have issues of elevated blood sugar levels due to steroids that need to be taken after kidney transplant

Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
9.2	13.2	31.4	291.7	49	369	227	295.7

