



Capsicum with paneer *filling*

Cooking time:
15 mins

Serves:
2 capsicum



Expert comments:

- As capsicum is a low potassium and low phosphate vegetable and this variation gives a scope to add a delicious and yummy filling, so this recipe is a perfect one for lunch

Additional tip:

- Bell peppers too are moderate in potassium and hence can be used as an alternate to green capsicum

Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
4.5	8.1	5.2	116.6	5.2	124.1	110.9	87.3

