



Choley with palak

Cooking time:
15-17 mins

Serves:
1 quarter bowl



Expert comments:

- Green leafy vegetables can be added to the diet of patient's post-kidney transplant as they no longer need strict potassium restrictions
- As green leafy vegetables are good sources of vitamins and minerals, they should be preferred post kidney transplant





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Additional tips:

- You may prefer green leafy vegetables with other pulses too like chana – green or brown variety



Nutritional information/ serving:



Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
4.7	3.7	10.2	100.6	39	667.8	95.1	77.5

