



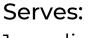






Crispy cassava jeera wasala

## Cooking time: 4-5 mins



1 medium bowl



- Cassava a low protein starchy vegetable
- Its potassium content (255 mg) is lower than most root vegetables like:
  - Potato i.e. aloo (541 mg)
  - Colocasia i.e. arbi (514 mg)
  - Yam i.e. suran (501 mg)
  - Sweet potato (345 mg) and hence it is preferred for

patients with chronic kidney disease

## Nutritional information/ serving:

| Proteins<br>(g) | Fats (g) | Carbohy<br>drates<br>(g) | Calories<br>(kcal) | Sodium<br>(mg) | Potass-<br>ium<br>(mg) | Calcium<br>(mg) | Phospho-<br>rus (mg) |
|-----------------|----------|--------------------------|--------------------|----------------|------------------------|-----------------|----------------------|
| 1.0             | 2.7      | 17.8                     | 106                | 10.8           | 255                    | 25.8            | 42.5                 |

















