



# Crispy cassava jeera masala

Cooking time:  
4-5 mins

Serves:  
1 medium bowl



## Expert comments:

- 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 (g) | Fats (g) | Carbohydrates (g) | Calories (kcal) | Sodium (mg) | Potassium (mg) | Calcium (mg) | Phosphorus (mg) |
|--------------|----------|-------------------|-----------------|-------------|----------------|--------------|-----------------|
| 1.0          | 2.7      | 17.8              | 106             | 10.8        | 255            | 25.8         | 42.5            |

