



Dalia, soya & dal khichdi

Cooking time:
10-12 mins

Serves:
1 heaped bowl



Expert comments:

- Soya is an excellent source of proteins for vegetarians and its best part is that it does not interfere with flavours of any food ingredients of choice
- Hence, it is a versatile item to enhance the nutritional profile of any recipe





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Additional tip:

- Individuals with soya allergy can prefer adding pulses like chana/ rajmah/ lentil/ masoor dal to this recipe
- If you need to avoid gluten, you may prefer to use brown rice or red rice instead of dalia



Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
6.6	3.0	17.6	130.4	3.9	172.3	18.6	65.3

