

Quinoa & rajmah salad

Cooking time:
2-3 mins

Serves:
1 medium bowl




Expert comments:

- Salads are good mini meal options for mid-meals like mid-morning or mid-evening
- Quinoa is a healthy carbohydrate as compared to other cereals and can be easily incorporated into any dishes as it does not interfere with taste




Quinoa & rajmah salad

Additional tip:

- Instead of quinoa, you may prefer pulses like boiled sprouts/ boiled moong dal/ boiled chana dal to make this salad
- 

Nutritional information/ serving:



Proteins (g)	Fats (g)	Carbohy drates (g)	Calories (kcal)	Sodium (mg)	Potass- ium (mg)	Calcium (mg)	Phospho- rus (mg)
4.5	1.1	16.5	102.4	5.8	313.6	58.3	94.1

