



Rice & corn tikkis with *lanke & mint chutney*



Cooking time:
10-15 mins

Serves:
3 - 4 tikkis



Expert comments:

- Patients with high blood sugar and normal potassium level, may use brown rice in place of white rice
- In case of high potassium levels, prefer white rice only
- These tikkis can be preferred with coriander chutney or coriander and mint chutney if your potassium is in normal range





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Additional tips:

- If rice is wet, add rice flour as a binder
- Do not add maida/ cornflour



Nutritional information/ serving:



Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
2.7	5.5	18.1	142	9.3	270	29.4	68.3

