



# Rice ladoos with low protein powder

Cooking time:  
15 - 20 mins

Serves:  
3-4 ladoos



## Expert comments:

- Rice is a healthy alternate to wheat and millets for patients with advanced chronic kidney disease as latter add to potassium as well as phosphate burden
- Using rice into ladoo rather than besan/ other dals form can prove to be an excellent sweet option that is kidney friendly



Note: avoid adding any nuts as toppings on ladoos

## Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
6.0	12.5	52.5	361	11.3	76.8	29.4	72.6

