



Soya & tofu wrap

Cooking time:
20 mins

Serves:
1 wrap



Expert comments:

- This recipe is an easy, quick, filling and tasty option to be eaten during dialysis
- Patients preferring non-veg food can add boiled egg whites instead of soya granules and tofu to this recipe



Additional tips:

- You may prefer to make a soya tikki or soya kebab and place it in the frankie rather than the soya mixture



Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
7.8	6.0	23.5	197	11	273	25	121.4

