



# Soya & palak pakoras

**Cooking time:**  
15-20 mins

**Serves:**  
10-12 pakoras



## Expert comments:

- This recipe is an excellent replacement for aloo pakoras or aloo wadas as it contains high biological value vegetarian protein as well as good amount of dietary fiber

## Additional tip:

- Instead of palak, you may prefer to add other green leafy vegetables like cabbage/ purple cabbage, etc

## Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Fibre (g)
25	5.3	16.7	218.8	8.7	426.3	54.3	7.9

