



Soya with paneer tikkis

Cooking time:
10 mins

Serves:
3 tikkis with
2 tsp dip



Expert comments:

- Tikkis are a delicious tea time snack and when made up of soya it is high on proteins as well as low in potassium and phosphorus
- Instead of paneer, you may opt for tofu here; if your phosphorus levels are high





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Additional tips:

- These tikkis can be converted into koftas and fried in a paniyaram stand and then they can be added to vegetable gravies



Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
18.8	7.4	12.4	195	4.6	177	83.4	57

