



Veg seviya upma with *tender corn*

Cooking time:
10 mins

Serves:
1 quarter plate



Expert comments:


- In order to enhance the flavour of seviya, you may add few drops of lemon or amchur powder
- In order to make this recipe appetizing and fiber-rich you may prefer add some boiled cauliflower, chopped cabbage, chopped bell peppers, etc
- This recipe can be preferred as a morning breakfast/ evening snack/ a mid-meal






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Additional tips:

- If you are on ketoanalogues, prefer rice seviya instead of suji or maida based seviya
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Nutritional information/ serving:



Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
3.3	2.9	21.9	136	7.9	139	13.8	58.6

