



Veg soya tawa pulao

Cooking time:
10 mins

Serves:
1 bowl



Expert comments:

- This recipe is a healthy and filling recipe for lunch or dinner
- As soya protein is plant-based protein and it has renoprotective properties, it should be preferred over animal proteins for patients with chronic kidney disease

Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
5.0	2.6	16.1	112.0	2.1	76.4	10.3	23.4

