



Wheat and paneer *laccha parathas*

Cooking time:
10 - 12 mins

Serves:
2 parathas



Expert comments:

- As paneer is a high quality protein, addition of such proteins is necessary to meet the increased protein demands of dialysis patients

Additional tip:

- Seive the wheat flour 2-3 times if your serum potassium is high

Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
12.1	9.4	53.7	393.5	5.2	261.5	119.5	318

