



Wheat, besan & choley frankie with tomato & onion seeds dip

Cooking time:
20-25 mins

Serves:
1 frankie with
1 small bowl dip



Expert comments:

- Frankie is a very versatile recipe to add any ingredient within it
- It is an excellent choice for pediatric and young patients as it is appetizing, attractive, tasty as well as healthy



Additional tip:

- If a certain ingredient which is disliked but is healthy and is suggested by your Nutritionist; then it can be added in the form of a frankie



Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
7.0	6.5	23.8	200	10.7	373.6	25	140.3

