

PUFFED RICE

SPECIFICATION

- Product Name - Puffed Rice
- Origin - India

INGREDIENTS

- Nutrients - Calories 33 kcal, Carbohydrates - 10.3g, Fiber - 0.04g
- Minerals - Thiamine, Riboflavin, Niacin, Folate
- Protein - 1 g
- Fats - 0.01g

USES & BENEFITS

- Puffed Rice has many culinary benefits. For example, puffed rice is the main ingredient of the famous Indian snack called 'Bhelpuri'.
- Puffed Rice is said to be good to prevent constipation. The consistency and the beneficial bacteria in puffed rice help in reducing constipation problems.
- Puffed Rice is also said to be helpful for maintaining blood pressure.
- Puffed rice is good for weight loss. It is extremely light and has low calories. It helps you to get rid of those deposited fats too.

