



The Quint**ESSENTIAL** Local food guide for a Good Gut Health

Rajma (Red Kidney Beans)

***Rajma** is a very popular dish in Northern India consisting of red kidney beans in a thick gravy with many Indian whole spices, and is usually served with rice. These legumes are tasty and highly nutritious.*

Health Benefits of Rajma

- ♦ Rajma is an excellent source of protein
- ♦ High fibre content - helps prevent constipation
- ♦ Good source of Vitamin B complex-Niacin, Riboflavin, Folic Acid and Thiamine
- ♦ Rajma also contains various minerals- Zinc, Iron, Potassium and Copper

Romero-Arenas O, et al. Int Res J Bio Sci. 2013;2(8): 59-65