

Aloo Paratha | Potato Paratha

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/aloo-paratha-veg-recipe-of-india>

Ingredients:

- 2 large potatoes boiled,peeled and mashed
- 1/4 teaspoon chilli powder
- 1/4 teaspoon turmeric optional
- 2 teaspoons chopped cilantro finely
- 3 green chillies finely chopped or paste form
- 1/2 lemon
- salt to taste
- ghee /Butter/Oil for toasting

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 36 grams
3. Fiber: 5 grams
4. Protein: 5 grams
5. Sodium: 210 milligrams
6. Sugar: 4 grams

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