

# Palak Puris - Puffed Indian Breads with Spinach Dough

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/atta-bread-recipe-indian>

## Ingredients:

- water for blanching spinach
- 4 cups fresh spinach washed
- 1 green chilli Thin
- 3 3/8 tablespoons water
- 1 2/3 cups atta Chakki, Stone-milled Chapati Flour
- 1 pinch asafoetida Hing, optional
- 1/4 teaspoon salt or to taste
- neutral oil for deep frying

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 39 grams
3. Fat: 6 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. Sodium: 180 milligrams
7. Sugar: 1 grams

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