

# Chapati

Yield: 4 min  
Total Time: 85 min

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

## Ingredients:

- 1 1/2 cups all purpose flour plus more as needed
- 1/2 teaspoon salt
- 1 tablespoon unsalted butter or usli ghee, at room temperature, plus more for brushing
- 1 tablespoon milk
- 1/2 cup water plus more as needed

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 300 milligrams

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