

Roti/Chapati (Indian Flat Bread)

Yield: 10 min
Total Time: 40 min

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

Ingredients:

- 3 cups all purpose flour
- 3 tablespoons ghee melted, or vegetable oil
- 1 cup water
- 1 teaspoon salt

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 29 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 4 grams
6. Sodium: 240 milligrams

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