

Kerala Paratha (Lacha paratha)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-pakistani-paratha-recipe>

Ingredients:

- 3 cups all purpose flour
- 2 tablespoons oil
- salt
- 1 cup flour – About 4-5 parathas

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 95 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams

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