## RecipesCh@~se

## **Roti Bread from India**

Yield: 12 min Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/bread-recipe-from-india

## **Ingredients:**

- 2 cups durum wheat flour
- 1/2 teaspoon salt
- 3/4 cup water
- 1 tablespoon vegetable oil

## Nutrition:

- 1. Calories: 80 calories
- 2. Carbohydrate: 15 grams
- 3. Fat: 1.5 grams
- 4. Fiber: 2 grams
- 5. Protein: 3 grams
- 6. Sodium: 100 milligrams

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