

Broccoli Parantha (Indian Broccoli Flatbread)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-sandwich-recipe-indian>

Ingredients:

- 1 cup broccoli Minced, ~ 7 oz/200 g
- 1 inch ginger
- 1 cup whole wheat flour ~ 7 oz/200g
- 150 milliliters water for kneading the flour
- 5 tablespoons ghee
- 1 tablespoon salt
- spices
- 1/2 teaspoon chilli powder
- 1/2 teaspoon seeds carom

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 25 grams
3. Fat: 13 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. Sodium: 1780 milligrams
7. Sugar: 1 grams

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