

# Aloo Paratha

Yield: 3 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-potato-stuffed-paratha>

## Ingredients:

- 1 cup whole wheat flour
- 1/4 teaspoon salt
- 1/2 cup water use as needed
- 2 medium potatoes
- 1/4 teaspoon salt
- 1/2 teaspoon cumin seeds jeera
- 1 tablespoon green chili finely chopped
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon mango powder amchoor
- 1/4 cup parathas whole wheat flour to roll
- 3 tablespoons oil to cook parathas

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 55 grams
3. Fat: 15 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 410 milligrams
8. Sugar: 1 grams

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