

PYAZ KA STUFFED PARATHA/ONION PARATHA

Yield: 4 min
Total Time: 5 min

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

Ingredients:

- 2 parathas
- flour • Dry, for dusting and rolling
- 1 finely chopped onions
- 1 tablespoon chopped coriander
- 1 chopped green chilies
- 1 teaspoon cumin
- 1/2 teaspoon fennel seeds
- salt – To taste
- 1 teaspoon red chilly powder
- 4 teaspoons ghee

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 10 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. Sodium: 200 milligrams
7. Sugar: 2 grams

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