

East African Chapati

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/east-african-chai-recipe>

Ingredients:

- 3 cups all-purpose flour
- 1 teaspoon sugar
- 5 1/2 teaspoons salt
- 3 tablespoons ghee Clarified butter or oil
- 2 3/4 cups warm water

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 58 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 8 grams
6. Sodium: 2600 milligrams
7. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy East African Chapati above. You can see more 15 east african chai recipe Cook up something special! to get more great cooking ideas.