

Clean Eating Indian Roti

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/quick-and-easy-indian-roti-recipe>

Ingredients:

- 1 cup boiling water
- 1 tablespoon ghee or butter
- 1/2 teaspoon salt
- 1 3/4 cups whole wheat pastry flour
- 2 tablespoons oil we used coconut oil
- flour for dusting

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 47 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 300 milligrams

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