

Paratha (Pan-Fried Indian Flatbread)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-indian-flatbread-recipe>

Ingredients:

- 2 cups whole wheat flour atta
- 1/4 teaspoon salt
- 2 teaspoons olive oil
- 1 teaspoon dough
- 3/4 cup water
- 2 tablespoons ghee or oil for cooking paratha

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 44 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. Sodium: 150 milligrams

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