

Plain Paratha (An Indian Flat Bread)

Yield: 8 min
Total Time: 60 min

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

Ingredients:

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 2 cups chapati flour
- 4 tablespoons vegetable oil or ghee, separated.
- 1/2 teaspoon salt
- 2/3 cup water you made need a few extra tablespoons
- 1/2 cup rice flour you can also use all purpose flour or chapati flour instead but rice flour will give you a softer texture

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 45 grams
3. Fat: 14 grams
4. Fiber: 9 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 150 milligrams

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