

Chapati (Indian Flatbread)

Yield: 10 min
Total Time: 70 min

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

Ingredients:

- 2 cups durum wheat flour available from Anything Indian
- 1 tablespoon kosher salt
- 1 tablespoon clarified butter or canola oil, plus more for brushing

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 720 milligrams

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