

# Makkai Ki Roti(Cornmeal Indian Flatbread)

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-head-cornmeal-recipe>

## Ingredients:

- salt — very little
- lukewarm water for kneading
- 2 cups cornmeal

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 47 grams
3. Fat: 3 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams
8. Sugar: 1 grams

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