

# South-Indian Paratha

Yield: 12 min  
Total Time: 105 min

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

## Ingredients:

- 4 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 1/2 teaspoon baking soda
- 2 1/2 cups warm water
- 4 tablespoons oil
- 1 1/2 tablespoons oil to cook paratha

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams

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