

POORI - INDIAN CRISP (Bread varieties)

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 2 cups whole wheat flour
- 1 1/2 cups water
- 1/2 teaspoon salt

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 44 grams
3. Fat: 1 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. Sodium: 300 milligrams

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