

Puri, Indian Puffed Flat Bread

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 cup whole wheat flour
- 1/2 teaspoon salt
- 1 teaspoon oil
- 1/3 cup water use as needed

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 22 grams
3. Fat: 2 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 300 milligrams

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