

# Lacha Paratha-How to make Lachha Paratha

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-lacha-paratha-recipe>

## Ingredients:

- 1/2 cup whole wheat flour
- 1/2 tablespoon oil
- 1/2 teaspoon salt
- warm water
- dough
- ghee /clarified - 1-2 tbsp
- oil /ghee for cooking parathas
- wheat flour for dusting

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 15 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 290 milligrams

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