

# Plain Paratha

Yield: 7 min  
Total Time: 60 min

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

## Ingredients:

- 2 cups wheat flour
- 2 teaspoons vegetable oil
- 2 tablespoons yoghurt
- 1/4 teaspoon salt
- 1 cup warm water or required, to knead flour
- wheat flour Little, for dusting while rolling parathas
- 3 teaspoons oil for frying parathas or as required

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 25 grams
3. Fat: 4 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 90 milligrams

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