

Aloo Parathas (Indian Potato Flatbread)

Yield: 12 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-flour-recipe-indian>

Ingredients:

- 2 cups whole wheat flour
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 cups water
- 1 baking potato medium, peeled and diced
- 1 onion medium, finely minced
- 1 green chili finely minced
- 2 tablespoons chopped fresh cilantro finely
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground cumin
- 1/4 teaspoon amchur dry mango powder, optional
- salt to taste
- 1/4 cup coconut oil melted

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 26 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 4 grams
7. Sodium: 170 milligrams
8. Sugar: 1 grams

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