

# Dal Paratha (Stuffed Indian Flat Bread)

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 cup all purpose flour plain flour, maida
- 1/4 teaspoon salt
- 1 tablespoon oil
- 1/3 cup lukewarm water
- 1/2 cup chana dal available in Indian grocery stores
- 1/2 teaspoon salt
- 1 teaspoon fennel seed powder,, saunf
- 1/2 teaspoon red chili powder adjust to taste
- 1/8 teaspoon asafetida hing
- 1/4 cup all-purpose flour for rolling
- 2 tablespoons oil for cooking paratha

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 45 grams
3. Fat: 13 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 450 milligrams
8. Sugar: 3 grams

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