

# Roti, Chapati (Flat Indian Bread)

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1/2 cup whole wheat flour
- 1/8 teaspoon salt
- 1/4 cup water lukewarm, Use as needed
- 2 teaspoons ghee clear butter
- 1/4 cup whole wheat flour for rolling

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 16 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 75 milligrams

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