

Aloo Paratha – Indian Stuffed Flatbread

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-aloo-paratha-recipe>

Ingredients:

- 1 1/2 cups whole wheat flour Indian, also known as Aata
- 1 tablespoon vegetable peanut or canola oil
- 1/2 teaspoon salt
- warm water
- dough
- 4 medium potatoes ; boiled and peeled
- 1 green chili thai, finely chopped
- 2 tablespoons fresh ginger finely grated
- 1/4 cup fresh cilantro finely chopped
- 2 teaspoons Garam Masala a blend of Indian spices
- 1 tablespoon oil
- salt to taste
- oil for parathas

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 83 grams
3. Fat: 18 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 3 grams
7. Sodium: 640 milligrams
8. Sugar: 3 grams

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