

Basic Flatbread

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/quick-flatbread-recipe-unleavened-india>

Ingredients:

- 3/4 cup low fat milk
- 1/4 cup butter
- 2 cups all purpose flour
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- fresh parsley Optional: chopped, for garnishing

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 35 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 9 grams
8. Sodium: 400 milligrams
9. Sugar: 2 grams

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