

Roti

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/india-roti-recipe>

Ingredients:

- 1 cup whole wheat flour
- 4 tablespoons cooking oil
- 1/2 cup water
- salt to taste

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 44 grams
3. Fat: 28 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 2 grams
7. Sodium: 390 milligrams

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