

West Indian-Style Roti (Flatbread)

Yield: 10 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-roti-recipe-youtube>

Ingredients:

- 2 1/2 cups self rising flour or 2 cups self-rising flour plus 1/2 cup whole wheat flour
- 2 tablespoons vegetable oil plus 1 teaspoon and some for pan
- 1 cup warm water
- melted butter optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 410 milligrams

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