



A Nutrition Resource

Chapatis Flatbread

Yield: 6 Servings | Serving Size: 1 flatbread

Ingredients:

- 2 cups whole wheat flour
- 2/3 cup water (warm)
- 2 teaspoons vegetable oil
- 1 dash salt



Directions:

- 1) Wash hands with soap and water.
- 2) Place the flour in a large mixing bowl. Add water, oil, and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
- 3) Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
- 4) Roll the ball into a 12-inch log and cut into 6 chunks.
- 5) Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle-just try to get it as thin as you can.
- 6) Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds.
- 7) Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
- 8) Wrap the cooked chapati in a cloth napkin while cooking the rest.
- 9) Eat them right away with a little butter or margarine, or use as scoops for eating other dishes.

Nutrition Facts

Amount per	
1 serving (2.4 oz)	68 g
Calories 149	From Fat 22
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 29g	10%
Dietary Fiber 4g	17%
Sugars 0g	
Protein 5g	11%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This material was provided from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chapatis-flatbread>

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