



Chapatis



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

BREAD

Ingredients

- ☐ 0.8 cup bread flour
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon sea salt fine
- ☐ 0.8 cup warm water 100° to 110°
- ☐ 1 cup flour whole wheat

Equipment

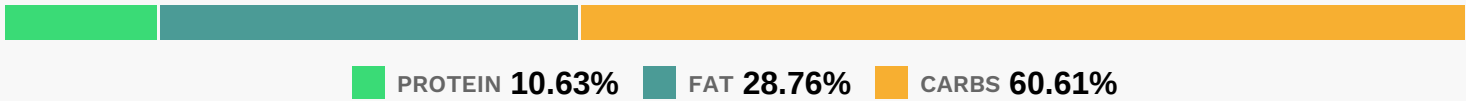
- ☐ bowl
- ☐ frying pan

- ☐ knife
- ☐ measuring cup

Directions

- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and salt in large bowl. Stir in water and oil to form a thick dough; mix well.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes). Cover and let rise at room temperature 1 hour.
- ☐ Divide dough into 8 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), shape each portion into a ball.
- ☐ Let rest 5 minutes.
- ☐ Roll each ball into a 6-inch circle on a lightly floured surface.
- ☐ Heat a large cast-iron skillet over medium-high heat. Working with 1 portion at a time, cook 4 minutes on each side or until lightly browned with dark spots.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:4.9939130142169%

Nutrients (% of daily need)

Calories: 124.24kcal (6.21%), Fat: 4.07g (6.26%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 17.41g (6.33%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 292.4mg (12.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Manganese: 0.7mg (35.18%), Selenium: 13.92µg (19.89%), Fiber: 1.89g (7.55%), Phosphorus: 64.92mg (6.49%), Magnesium: 23.71mg (5.93%), Vitamin B1: 0.08mg (5.64%), Vitamin E: 0.66mg (4.38%), Copper: 0.09mg (4.33%), Vitamin B3: 0.86mg (4.3%), Iron: 0.67mg (3.71%), Zinc: 0.49mg (3.28%), Vitamin B6: 0.07mg (3.27%), Folate: 10.47µg (2.62%), Vitamin K: 2.43µg (2.31%), Potassium: 66.26mg (1.89%), Vitamin B2: 0.03mg (1.87%), Vitamin B5: 0.14mg (1.42%)