



Fenugreek Roti

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



80 kcal

BREAD

Ingredients

- 0.5 teaspoon ajwain seeds
- 1 pinch asafetida
- 0.3 teaspoon baking soda
- 0.5 teaspoon ground pepper
- 1 cup bob's mill garbanzo bean flour (besan)
- 0.5 teaspoon chili powder
- 0.5 cup fenugreek leaves dried
- 10 servings ghee for frying

- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 2 tablespoons yogurt plain
- 1 teaspoon sea salt
- 0.5 cup flour whole wheat

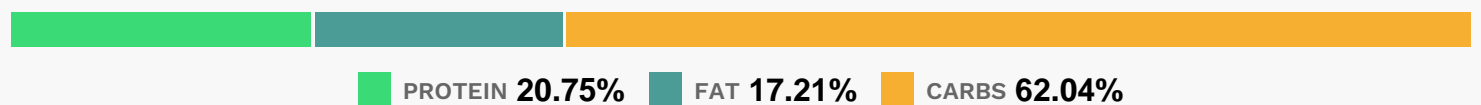
Equipment

- bowl
- frying pan
- oven
- sieve

Directions

- Soak the dried fenugreek leaves in warm water for 5 to 10 minutes.
- Drain, making sure to squeeze out excess liquid. Sift the flours and baking soda in a small strainer into a medium bowl. Stir in the salt, chili powder, cayenne, cumin, coriander, ajwain seeds, asafetida, yogurt and fenugreek leaves.
- Mix in about 1/4 cup of water to make a semi-hard batter. Cover and let stand at room temperature for 1 hour. Dusting your hands with flour, divide the dough into 10 to 12 small balls.
- Roll out each ball into a roughly 3-inch circle.
- Brush a non-stick pan with a bit of ghee or oil and heat over medium heat. When hot, add a rolled out portion to the pan and cook for 4 minutes or until the bottom is browned.
- Sprinkle with a bit of oil, flip and fry for another 2 to 3 minutes or until both sides are browned.
- Transfer to a plate, keep heated in a 150 oven, and repeat for the rest of the pancakes.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:3.52, Inflammation Score:-3, Nutrition Score:4.8378260869565%

Taste

Sweetness: 53.74%, Saltiness: 22.97%, Sourness: 62.31%, Bitterness: 10.7%, Savoriness: 6.52%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 79.58kcal (3.98%), Fat: 1.55g (2.38%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 10.25g (3.73%), Sugar: 1.54g (1.71%), Cholesterol: 1.03mg (0.34%), Sodium: 271.5mg (11.8%), Protein: 4.19g (8.39%), Manganese: 0.46mg (23.08%), Folate: 55.53µg (13.88%), Fiber: 2.28g (9.13%), Magnesium: 29.76mg (7.44%), Phosphorus: 71.03mg (7.1%), Selenium: 4.86µg (6.95%), Copper: 0.14mg (6.91%), Iron: 1.17mg (6.48%), Vitamin B1: 0.09mg (6.08%), Vitamin B6: 0.09mg (4.51%), Potassium: 137.23mg (3.92%), Zinc: 0.54mg (3.57%), Vitamin B3: 0.54mg (2.71%), Vitamin B2: 0.03mg (1.82%), Vitamin A: 82.21IU (1.64%), Calcium: 15.22mg (1.52%), Vitamin E: 0.22mg (1.45%), Vitamin K: 1.43µg (1.37%), Vitamin B5: 0.13mg (1.25%)