



Indian Chapati Bread

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



111 kcal

BREAD

Ingredients

- 1 cup flour all-purpose
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 cup flour whole wheat

Equipment

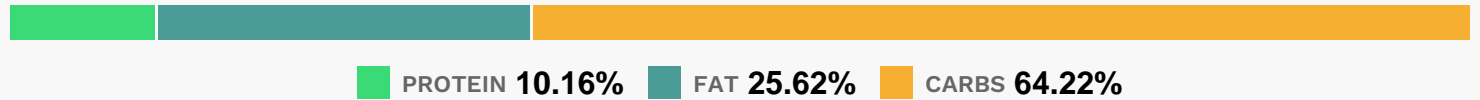
- bowl
- frying pan
- wooden spoon

rolling pin

Directions

- In a large bowl, stir together the whole wheat flour, all-purpose flour and salt. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead the dough on a lightly floured surface until it is smooth. Divide into 10 parts, or less if you want bigger breads.
- Roll each piece into a ball.
- Let rest for a few minutes.
- Heat a skillet over medium heat until hot, and grease lightly. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla. When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side. Continue with remaining dough.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:6.9, Inflammation Score:-2, Nutrition Score:4.9782608859241%

Nutrients (% of daily need)

Calories: 111.05kcal (5.55%), Fat: 3.22g (4.96%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 16.55g (6.02%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 233.09mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Manganese: 0.57mg (28.69%), Selenium: 11.65µg (16.65%), Vitamin B1: 0.16mg (10.56%), Folate: 28.16µg (7.04%), Vitamin B3: 1.33mg (6.66%), Fiber: 1.62g (6.49%), Iron: 1.03mg (5.72%), Phosphorus: 56.34mg (5.63%), Magnesium: 19.2mg (4.8%), Vitamin B2: 0.08mg (4.8%), Copper: 0.07mg (3.37%), Vitamin E: 0.5mg (3.31%), Vitamin B6: 0.05mg (2.72%), Zinc: 0.4mg (2.67%), Vitamin K: 1.95µg (1.86%), Potassium: 57.01mg (1.63%), Vitamin B5: 0.13mg (1.27%)