



Parsley Cumin Parathas

 Vegetarian

READY IN



300 min.

SERVINGS



16

CALORIES



86 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons cumin seeds cooled
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 0.3 cup ghee)
- ☐ 1 teaspoon salt
- ☐ 16 servings accompaniment: tamarind chutney sweet
- ☐ 0.3 cup vegetable oil plus additional for griddle
- ☐ 0.5 cup water
- ☐ 0.8 cup flour whole-wheat

Equipment

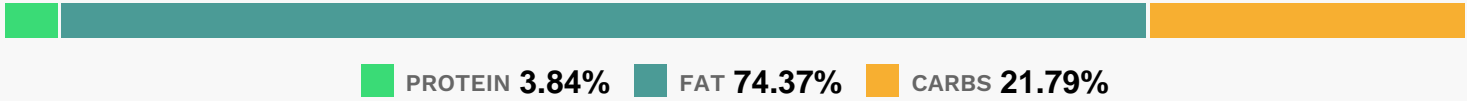
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Grind cumin seeds with salt to a powder in grinder.
- ☐ Transfer to a large bowl and stir in flours, parsley, water, and oil and continue to stir until a dough forms.
- ☐ Turn out dough onto a work surface and knead until smooth and elastic, about 5 minutes. Several times during kneading, pick up dough and slap it against the work surface 8 to 10 times to relax dough. Cover dough with plastic wrap and let stand at room temperature 1 hour.
- ☐ Lightly oil griddle, then heat over moderately low heat until hot, 10 to 15 minutes.
- ☐ While griddle is heating, divide dough into 4 portions, then roll out 1 portion on a lightly floured surface into an 11-inch round. Lightly brush round with some ghee and cut into quarters, then, starting with rounded edge nearest you, fold each quarter in thirds to form a slimmer triangle (bottom edge will still be rounded). Repeat with remaining dough to form a total of 16 slim triangles.
- ☐ Roll out 1 triangle on a lightly floured surface first to widen it, then to lengthen it into a 9- by- 4-inch triangle, sprinkling with flour as necessary to prevent sticking.
- ☐ Transfer to a baking sheet and cover with a sheet of wax paper, then roll out and cover remaining triangles in same manner, layering them between sheets of wax paper.
- ☐ Cook parathas , 3 or 4 at a time, on griddle until undersides are browned in spots, 2 to 3 minutes (parathas will puff, then deflate). Turn parathas over and lightly brush with ghee, then cook until other side of each is golden brown in spots, 1 to 2 minutes. Turn over and brush once more, then cook until parathas are cooked through, 1 to 2 minutes.

- ☐
- Transfer each batch of parathas to a sheet of foil as browned and wrap loosely to keep warm while cooking remaining parathas.
- ☐
- Parathas are best when freshly made, but leftovers can be wrapped in foil and kept at room temperature, then reheated in a 350°F oven.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:3.0782608221407%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 85.63kcal (4.28%), Fat: 7.34g (11.28%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.12g (1.5%), Sugar: 0.43g (0.47%), Cholesterol: 9.6mg (3.2%), Sodium: 147.19mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin K: 26.91µg (25.63%), Manganese: 0.24mg (11.87%), Selenium: 3.5µg (5%), Fiber: 0.71g (2.86%), Magnesium: 10.02mg (2.5%), Iron: 0.43mg (2.41%), Vitamin B1: 0.03mg (2.32%), Phosphorus: 22.87mg (2.29%), Vitamin E: 0.34mg (2.23%), Vitamin A: 108.49IU (2.17%), Vitamin C: 1.71mg (2.08%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.44%), Vitamin B6: 0.03mg (1.27%), Zinc: 0.17mg (1.14%), Folate: 4.53µg (1.13%), Potassium: 37.01mg (1.06%)