

Potato/Aloo Paratha



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



244 kcal

BREAD

Ingredients

- ☐ 1 cup all purpose flour (Maida)
- ☐ 0.5 juice of lemon
- ☐ 1 cup mint leaves coarsely chopped (Pudina)
- ☐ 1 Teaspoon oil
- ☐ 3 potatoes boiled mashed
- ☐ 0.5 cup flour whole wheat

Equipment

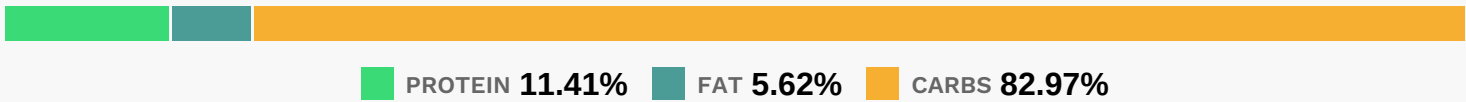
- ☐ frying pan

☐ stove

Directions

- ☐ Combine the ingredients to prepare the dough.
- ☐ Add enough water to form a ball of dough, knead a couple of times and keep it covered for an hour.To prepare the stuffing, add the teaspoon of oil in a frying pan and let it heat for a minute. Now add the mint leaves and sauteed it for a while until it is wilted.
- ☐ Remove the pan from the stove and keep it aside.Now to the mashed potato add the mint leaves, the remaining ingredients for the stuffing and combine together thoroughly.Divide the paratha dough into lemon size balls and the stuffing into smaller size balls. I got 5 balls of dough for the above measurement.Now roll each ball of dough into a small circle and place one ball of the stuffing and cover it with the dough and roll it back again.Meanwhile preheat the griddle (tava) and once the tava is hot, cook the parathas on both the sides, by adding little oil.Enjoy it with yogurt and/or your favorite pickle.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:30.15, Inflammation Score:-6, Nutrition Score:14.518260810686%

Flavonoids

Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 244.24kcal (12.21%), Fat: 1.55g (2.39%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 46.09g (16.76%), Sugar: 1.19g (1.32%), Cholesterol: 0mg (0%), Sodium: 11.23mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.19%), Manganese: 0.96mg (48.01%), Vitamin C: 29.2mg (35.39%), Vitamin B1: 0.37mg (24.46%), Selenium: 16.28µg (23.25%), Vitamin B6: 0.45mg (22.49%), Fiber: 5.5g (22%), Folate: 82.34µg (20.58%), Potassium: 662.65mg (18.93%), Vitamin B3: 3.57mg (17.87%), Iron: 3.05mg (16.94%), Phosphorus: 149.5mg (14.95%), Magnesium: 58.71mg (14.68%), Copper: 0.25mg (12.67%), Vitamin B2: 0.21mg (12.27%), Vitamin A: 386.14IU (7.72%), Zinc: 0.96mg (6.39%), Vitamin B5: 0.59mg (5.94%), Calcium: 45.22mg (4.52%), Vitamin K: 3.3µg (3.14%), Vitamin E: 0.26mg (1.72%)