



Quick Whole Wheat Chapati

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



128 kcal

BREAD

Ingredients

- 0.8 teaspoon salt
- 1 cup water
- 2.5 cups flour whole wheat

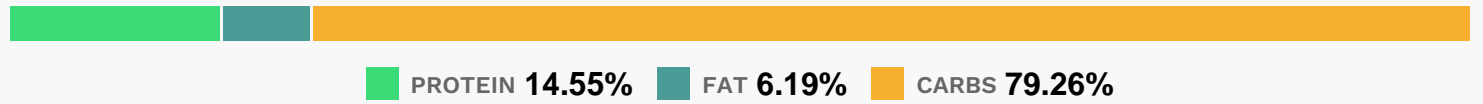
Equipment

- bowl
- frying pan
- rolling pin

Directions

- Mix flour and salt together in a bowl. Stir in water to form a soft dough.
- Turn dough out onto a lightly floured work surface and knead several times. Divide into 8 pieces and roll each into a ball.
- Roll each ball into a very thin round using a rolling pin.
- Heat a griddle over medium-high heat. Cook each dough round on griddle until dough bubbles and blisters appear, about 2 minutes. Flip and cook until lightly browned on the other side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:9.6091304191429%

Nutrients (% of daily need)

Calories: 127.5kcal (6.38%), Fat: 0.94g (1.44%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 22.98g (8.35%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 220.24mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Manganese: 1.53mg (76.28%), Selenium: 23.18µg (33.11%), Fiber: 4.01g (16.05%), Phosphorus: 133.88mg (13.39%), Magnesium: 51.68mg (12.92%), Vitamin B1: 0.19mg (12.55%), Vitamin B3: 1.86mg (9.29%), Copper: 0.16mg (7.93%), Vitamin B6: 0.15mg (7.63%), Iron: 1.35mg (7.51%), Zinc: 0.98mg (6.52%), Folate: 16.5µg (4.13%), Potassium: 136.17mg (3.89%), Vitamin B2: 0.06mg (3.64%), Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.27mg (1.78%), Calcium: 13.77mg (1.38%)