



Roti Bread from India

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

Ingredients

- 2 cups durum wheat flour
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 0.8 cup water

Equipment

- bowl
- frying pan
- rolling pin

Directions

- In a medium bowl, stir together the flour, salt, water and oil, until the mixture pulls away from the sides. Turn the dough out onto a well floured surface. Knead until smooth and pliable, about 10 minutes.
- Preheat an unoled skillet or tava to medium high heat. Divide dough into 12 equal parts, form into rounds and cover with a damp cloth. Flatten the balls with the palm of your hand, then use a rolling pin to roll out each piece into a 6 to 8 inch diameter round.
- Cook the roti for 1 minute before turning over, then turn again after another minute. The roti should have some darker brown spots when finished. Best served warm.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:10.77, Inflammation Score:-2, Nutrition Score:7.992173930873%

Nutrients (% of daily need)

Calories: 118.5kcal (5.92%), Fat: 1.92g (2.96%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 22.76g (8.28%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 98.27mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Manganese: 0.96mg (48.2%), Selenium: 28.61µg (40.87%), Phosphorus: 162.56mg (16.26%), Magnesium: 46.23mg (11.56%), Vitamin B3: 2.16mg (10.78%), Copper: 0.18mg (8.97%), Vitamin B1: 0.13mg (8.94%), Zinc: 1.33mg (8.89%), Vitamin B6: 0.13mg (6.7%), Iron: 1.13mg (6.26%), Potassium: 137.94mg (3.94%), Folate: 13.76µg (3.44%), Vitamin B5: 0.3mg (2.99%), Vitamin B2: 0.04mg (2.28%), Vitamin K: 2.08µg (1.98%), Calcium: 11.38mg (1.14%)