



Whole Wheat Unleavened Breads (Rotis)

 Vegetarian

READY IN



49 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 8 servings ghee melted (Ghee)
- ☐ 2 cups flour
- ☐ 0.5 teaspoon salt
- ☐ 0.3 water

Equipment

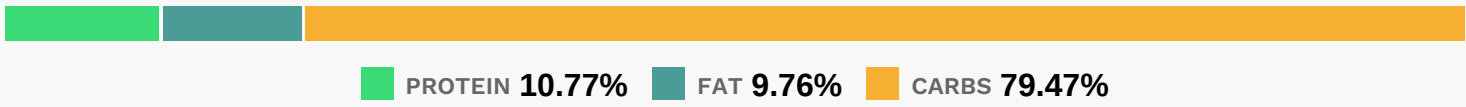
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

☐ aluminum foil

Directions

- ☐ Mix flour and salt in medium bowl. Stir in warm water, 2 tablespoons at a time, until a fairly stiff dough forms.
- ☐ Knead dough in bowl or on lightly floured surface 2 to 3 minutes or until dough becomes smooth and pliable.
- ☐ Brush dough with Clarified Butter and cover with plastic wrap; set aside 10 to 15 minutes. (At this point, dough can be covered and refrigerated up to 24 hours. When ready to roll, let dough stand at room temperature 30 minutes so it becomes soft and easy to handle.)
- ☐ Divide dough into 8 equal pieces; return them to bowl and cover.
- ☐ Heat heavy 8-inch skillet over medium heat.
- ☐ Working with one piece of dough at a time, roll into 6-inch circle on lightly floured surface. Cook dough in skillet 2 to 4 minutes, turning once, until brown spots start to form on bottom and bubbles start to appear on surface.
- ☐ Remove from skillet; brush with butter. Repeat with remaining dough.
- ☐ Wrap cooked breads in aluminum foil to keep warm while cooking remaining dough.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:17.25, Inflammation Score:-2, Nutrition Score:4.2934783101082%

Nutrients (% of daily need)

Calories: 122.51kcal (6.13%), Fat: 1.3g (2%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 23g (8.36%), Sugar: 0.08g (0.09%), Cholesterol: 2.56mg (0.85%), Sodium: 146.02mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin B1: 0.25mg (16.35%), Selenium: 10.59µg (15.13%), Folate: 57.19µg (14.3%), Manganese: 0.21mg (10.68%), Vitamin B3: 1.85mg (9.23%), Vitamin B2: 0.15mg (9.08%), Iron: 1.45mg (8.06%), Fiber: 0.84g (3.38%), Phosphorus: 33.75mg (3.38%), Copper: 0.05mg (2.26%), Magnesium: 6.89mg (1.72%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.14mg (1.37%)