



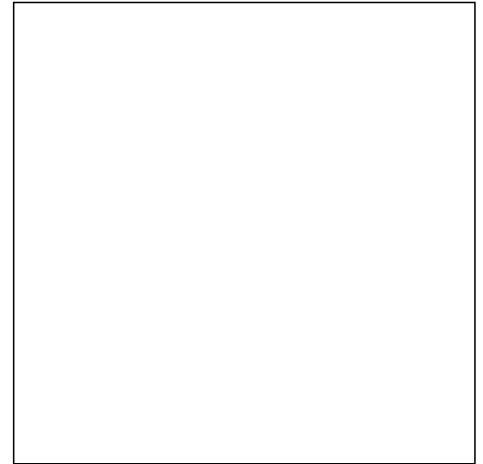
Recipe Name: Makki and Methi Roti Recipe

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Makki Ka Atta (Yellow Corn Meal Flour)	4
• 1 1/2 cups Methi Leaves (Fenugreek Leaves) - chopped	
• 2 Green Chillies - chopped	
• 1 tablespoon Ajwain (Carom seeds)	
• 1 tablespoon Kashmiri Red Chilli Powder	
• Salt - to taste	

Preparation

- In a steel mixing bowl, add Maize flour, chopped fenugreek leaves, green chillies, carom seeds and salt.
- Mix everything well.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	4	25	2	4	2