

Recipe Name: Wheat Millet Thepla Recipe - Bajra Masala Paratha

Diet Type:

Course: Main Course

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Bajra Flour (Pearl Millet)	4
• 1/2 cup Whole Wheat Flour	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Black pepper powder	
• 1 inch Ginger - grated	
• 1 Green Chilli - finely chopped	
• 4 sprig Coriander (Dhania) Leaves - finely chopped	
• Sunflower Oil - as required	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	10	45	10	4	2