

HEALTHY DIET RECEIPE

Aloo Paratha

| Ingredients | Qty | Ingredients | Qty | Ingredients | Qty |
|---------------------|--------|--------------------|-------|-----------------|----------|
| 1.Potato | 100 gm | 2. Garlic paste | 10 gm | 3. Ginger paste | 5 gm |
| 4.Green chill paste | 10 gm | 5. Turmeric powder | 1 gm | 6. Salt | To taste |
| 7. Coriander leaves | 10 gm | 8.Wheat flour | 60 gm | 9. Ghee | 15 ml |

Procedure:

Boil the Potatoes, peel and mashed them. Take Pan heat ghee and make a tadka of garlic paste, ginger paste, and green chili paste and add coriander leaves also. Add this tadka to mashed potato and mix well. Make dough with flour and dived into equal parts. Roll out each of dough with flour. Roll out each of them and put 1/2 portion of potato stuffing inside and again roll out dough. Now fold rolled out dough. Roast the paratha over the pan with little ghee. Serve Hot.

Nutritional Information (Approximate per recipe)

| | | | | | |
|-------------------|-------|------------------|-------|-----------------|-------|
| Energy kCal | 423.6 | Vitamin B6, mg | 0.0 | Iron, mg | 5.2 |
| Protein, gm | 10.4 | Folic Acid, mcg | 31.6 | Magnesium, mg | 189.9 |
| Carbohydrates, gm | 70.1 | Vitamin B12, mcg | 0.0 | Copper, mcg | 760.9 |
| Fat, gm | 11.4 | Vitamin C, mg | 43.5 | Manganese, mg | 2.4 |
| Dietary Fiber, gm | 10.9 | Vitamin D, mcg | 0.0 | Molybdenum, mcg | 212.4 |
| Vitamin A, mcg | 815.0 | Vitamin E, mg | 0.6 | Zinc, mg | 2.5 |
| Vitamin B1, mg | 0.4 | Vitamin K, mcg | 32.9 | Chromium, mcg | 24 |
| Vitamin B2, mg | 0.2 | Calcium, mg | 66.7 | Selenium, mcg | 0 |
| Vitamin B3, mg | 4.1 | Phosphorus, mg | 307.9 | Omega 3, mg | 0 |
| | | | | Omega 6, mg | 0 |

Benefits:

- 1- Tasty, delicious food.
- 2- Rich in copper
- 3- High Carbohydrates
- 4-High protein

Legends

Qty - Quantity

gm - gram

mg - miligram

mcg - microgram

Visit us at www.dietkundali.com to know your detailed nutritional status