

Soya & Dal Parantha Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- gms Soya Flour
- 3/4 3/4 Cup Whole Wheat Flour
- 1/4 1/4 Cup Jowar Flour
- 1/3 1/3 Cup Besan (Gram Flour)
- 1/3 1/3 Cups Cooked Dal
- Onion
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Cumin Seeds
- 1/2 1/2 Teaspoon Ginger Paste
- Tablespoons Coriander Leaves (Chopped)
- Pinch Salt (To Taste)
- 1/2 1/2 Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Garam Masala Powder
- Tablespoon Oil
- Teaspoons Ghee

Instruction

1. Warm the leftover dal and soak soya granules in it for 15 minutes. Prepare ingredients as mentioned in the list.
2. In a mixing bowl mix all the ingredients, except ghee, to form smooth dough, add a little water if required.
3. Cover the dough and keep aside for 15 minutes. Divide dough into 8 equal portion and roll them out into parathas.
4. Cook the parathas on a tava, apply ghee on both the sides and cook till brown and crisp.
5. Serve hot with dahi and pickle.

Nutrition

Carbohydrates	49.18 g
Energy	353.82 kcal
Fats	9.46 g
Protein	19.33 g

41 Minutes

4 Serves