

Amaranth Puri

Nutritive value per serving

Energy (Kcal)	180
Protein (g)	8.96
Fat (g)	25.88
Minerals (g)	2
Fibre (g)	1.66
Calcium (mg)	191.5
Iron (mg)	2.56
Carotene (µg)	1398

Method

1. Steam amaranth leaves and grind to a fine paste.
2. Add oil (1 tbsp) to sieved flour and mix properly.
3. Add amaranth paste, ginger-garlic paste, salt, carum and cumin seeds and make a dough.
4. Cover the dough with a wet cloth and keep aside to rest.
5. Divide dough into ten equal balls and roll into small chapatis.
6. Heat oil and deep-fry each small chapatti till they puff and become slightly brown on both sides.

Notes: Palak and other seasonally available leaves can be used in place of amaranthus leaves.

Ingredients	Weight	Measure/No.
Amaranthus leaves(Chopped)	50 g	½ cup
Wheat flour	50 g	1/3 cup
Ragi flour	50 g	1/3 cup
Oil (absorbed)	50 ml	5 dsp
Garlic paste	2 g	½ tsp
Ginger paste	2 g	½ tsp
Carum seeds	0.25 g	¼ tsp
Black cumin seeds	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	188 g	10

Amaranth Puri

