

# Methi Paratha with Sweet Potato

Source: Recipe by Archana Saraf

This paratha is perfect during winters, when fresh methi leaves are available.

## About the Recipe

**64 Calories · 4 g Protein · 8 g Fiber**  
**Breakfast**

## Ingredients

***Makes 3 Servings***

- 3/4 cup whole-wheat pastry flour (atta)
- 1 1/2 cups finely chopped fenugreek (methi) leaves
- 3/4 cup boiled and mashed sweet potato
- 1 finely chopped green chili or 1/2 finely chopped serrano pepper
- to taste salt

## Directions

1. Combine all above ingredients and mix well and knead into soft dough (adding water only if needed).
2. Divide the dough into 3 equal portions and roll out each portion into a circle of 6-inch diameter.&nbsp;
3. Heat a skillet (tawa), spray or put few drops of oil to grease skillet for the first paratha only.
4. Cook paratha on both sides until reddish-brown spots appear. Do not leave parathas standing too long as they will stiffen up. Serve immediately.

## Nutrition Facts

*Per serving (1/3 of recipe)*

**Calories:** 64

**Fat:** 1 g

**Saturated Fat:** 0.1 g

**Calories from Fat:** 2%

**Cholesterol:** 0 mg

**Protein:** 4 g

**Carbohydrates:** 64 g

**Sugar:** 12 g

**Fiber:** 8 g

**Sodium:** 170 mg

**Calcium:** 33 mg

**Iron:** 3 mg

**Vitamin C:** 42 mg

**Beta Carotene:** 1,011 mcg

**Vitamin E:** 1 mg

**Potassium:** 385 mg