



Roti Dough “Buss Up Shut”



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made with flour, baking soda, salt, canola oil, and water

Nutrition Facts	
Serving Size 1 roti (12 inch rolled out dough ~ 1/4 c flour)	
Servings per container	
Amount Per Serving	
Calories 240	Calories from Fat 129
% Daily Value*	
Total Fat 14.3 g	7%
Saturated Fat 1g	5%
Trans Fat 0 g	
Polyunsaturated Fat 4.3g	
Monounsaturated Fat 8g	
Cholesterol 0 mg	0%
Sodium 264 mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 14%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://caribbeanpot.com/wp-content/uploads/2010/04/Trinidad-Buss-Up-Shut-roti-step-30-300x200.jpg>

Photo: <http://recipes.sparkpeople.com/recipe-calories.asp?recipe=701894>

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