



Almojábanas (Colombian Cheese Bread)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 2 cups curd cottage cheese
- ☐ 2 eggs
- ☐ 2 tablespoons milk
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup masarepa white pre-cooked sifted

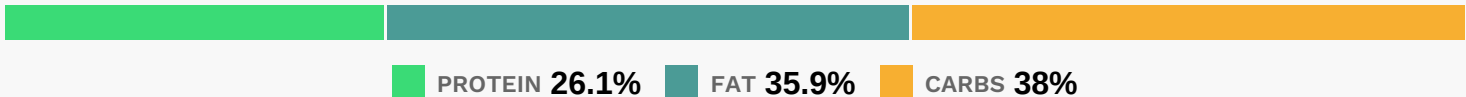
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400° F.
- ☐ Mix the cottage cheese and masarepa in a food processor.
- ☐ Add the remaining ingredients and mix well.Divide into 8 equal-size portions and shape into a ball.
- ☐ Place on a greased baking sheet and bake for about 30 to 35 minutes, or until they are golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:5.296086900908%

Nutrients (% of daily need)

Calories: 145.36kcal (7.27%), Fat: 5.77g (8.87%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.18g (4.43%), Sugar: 1.95g (2.16%), Cholesterol: 54.74mg (18.25%), Sodium: 306.04mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.87%), Phosphorus: 163.04mg (16.3%), Selenium: 8.95µg (12.78%), Vitamin B2: 0.17mg (9.92%), Vitamin B5: 0.87mg (8.7%), Calcium: 74.46mg (7.45%), Vitamin B6: 0.13mg (6.7%), Magnesium: 25.03mg (6.26%), Fiber: 1.55g (6.2%), Vitamin B12: 0.36µg (6.07%), Zinc: 0.87mg (5.79%), Manganese: 0.1mg (5.04%), Iron: 0.83mg (4.59%), Vitamin B1: 0.07mg (4.54%), Folate: 16.77µg (4.19%), Potassium: 146.08mg (4.17%), Vitamin A: 188.31IU (3.77%), Copper: 0.06mg (2.85%), Vitamin B3: 0.49mg (2.43%), Vitamin D: 0.32µg (2.12%), Vitamin E: 0.26mg (1.72%)