



Brazilian Cheese Rolls (Pao de Queijo)

 Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggs
- ☐ 0.3 cup milk
- ☐ 6 ounces parmesan cheese shredded
- ☐ 2 cups tapioca flour
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water

Equipment

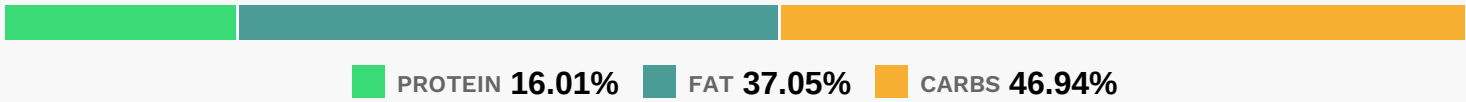
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet
- ☐ Place tapioca starch and salt in a large bowl.
- ☐ Bring vegetable oil, water, and milk to a boil over medium heat until a white foam appears.
- ☐ Pour milk mixture over tapioca starch and stir until well mixed; allow dough to rest for 15 minutes.
- ☐ Mix eggs and Parmesan cheese into dough. Shape dough into 1 1/2-inch balls and place on prepared baking sheet.
- ☐ Bake in preheated oven until rolls are browned, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:2.32, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.3799999971753%

Nutrients (% of daily need)

Calories: 65.48kcal (3.27%), Fat: 2.74g (4.21%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.81g (2.84%), Sugar: 0.2g (0.22%), Cholesterol: 16.17mg (5.39%), Sodium: 103.03mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Calcium: 77.34mg (7.73%), Phosphorus: 52.43mg (5.24%), Selenium: 2.39µg (3.41%), Vitamin B2: 0.04mg (2.27%), Vitamin B12: 0.12µg (1.94%), Vitamin K: 1.55µg (1.48%), Zinc: 0.22mg (1.47%), Vitamin A: 69.12IU (1.38%), Iron: 0.21mg (1.15%)