



## Cheese Bunuelos (Cheese Puffs)

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



1518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter ()
- 2.3 tsp calumet baking powder
- 3 eggs
- 1 cup cracker barrel extra sharp cheddar cheese shredded
- 1 cup flour
- 1 cup water

### Equipment

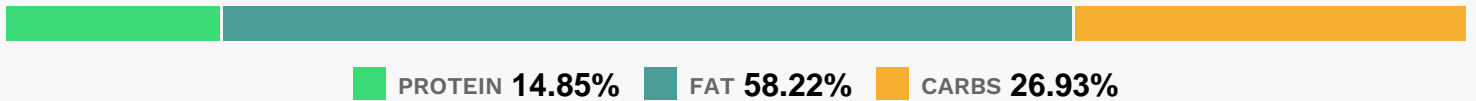
- bowl

- frying pan
- baking sheet
- sauce pan
- oven
- hand mixer

## Directions

- Preheat oven to 425F.
- Combine flour and baking powder; set aside. Bring water and butter to boil in heavy saucepan on medium-high heat; continue boiling until butter is completely melted, stirring occasionally.
- Remove from heat.
- Add flour mixture gradually, stirring until mixture is well blended and dough pulls away from side of pan.
- Place dough in large bowl of electric mixer fitted with paddle attachment.
- Add eggs; beat on medium-high speed until dough is smooth and glossy. Stir in cheese. Drop dough by tablespoonfuls onto greased baking sheet.
- Bake 15 min. Reduce oven temperature to 350F.
- Bake an additional 25 min. or until puffs are golden brown and sound hollow when lightly tapped.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:244, Glycemic Load:72.62, Inflammation Score:-9, Nutrition Score:43.635217355645%

## Nutrients (% of daily need)

Calories: 1517.66kcal (75.88%), Fat: 98.22g (151.11%), Saturated Fat: 55.19g (344.94%), Carbohydrates: 102.25g (34.08%), Net Carbohydrates: 98.85g (35.94%), Sugar: 1.23g (1.37%), Cholesterol: 726.05mg (242.02%), Sodium: 2498.19mg (108.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.36g (112.71%), Selenium: 115.47µg (164.95%), Calcium: 1573.35mg (157.33%), Phosphorus: 1174.01mg (117.4%), Vitamin B2: 1.74mg (102.26%), Folate:

316.22µg (79.06%), Vitamin B1: 1.07mg (71.31%), Vitamin A: 3263.24IU (65.26%), Iron: 9.54mg (53.01%), Zinc: 6.8mg (45.34%), Manganese: 0.9mg (45.1%), Vitamin B12: 2.47µg (41.15%), Vitamin B3: 7.56mg (37.81%), Vitamin B5: 3.1mg (31%), Vitamin E: 3.63mg (24.17%), Vitamin D: 3.32µg (22.12%), Magnesium: 80.39mg (20.1%), Vitamin B6: 0.36mg (17.95%), Copper: 0.35mg (17.57%), Fiber: 3.4g (13.59%), Potassium: 418.79mg (11.97%), Vitamin K: 7.46µg (7.1%)