



Chipas (Argentinean Cheese Bread)



Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 eggs
- ☐ 6 ounces cheese blend shredded italian
- ☐ 0.7 cup milk
- ☐ 1 cup self-rising flour
- ☐ 1.8 cups tapioca flour

Equipment

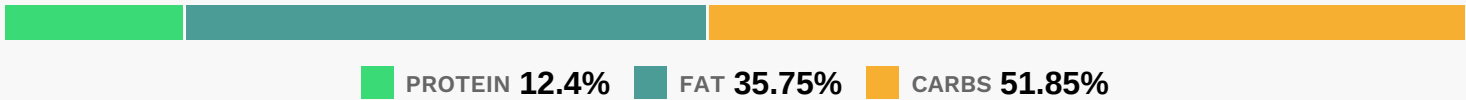
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Oil a baking sheet with cooking spray and set aside.
- ☐ Stir together egg, milk, cheese, and butter in a large bowl.
- ☐ Sprinkle in tapioca starch and flour; stir in to form a dough. Knead dough for two minutes on a lightly floured surface, then roll into golf ball-sized pieces, and place onto prepared baking sheet.
- ☐ Bake in preheated oven until golden brown, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:7.7, Inflammation Score:-1, Nutrition Score:2.8526086820209%

Nutrients (% of daily need)

Calories: 269.78kcal (13.49%), Fat: 11.01g (16.93%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 35.53g (12.92%), Sugar: 1.05g (1.17%), Cholesterol: 38.44mg (12.81%), Sodium: 90mg (3.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Selenium: 8.33µg (11.9%), Calcium: 74.22mg (7.42%), Manganese: 0.13mg (6.31%), Phosphorus: 51.26mg (5.13%), Vitamin A: 194.15IU (3.88%), Vitamin B2: 0.06mg (3.79%), Iron: 0.55mg (3.07%), Vitamin B12: 0.17µg (2.79%), Vitamin B5: 0.23mg (2.34%), Vitamin D: 0.33µg (2.22%), Folate: 7.9µg (1.97%), Zinc: 0.29mg (1.95%), Magnesium: 7.11mg (1.78%), Vitamin B1: 0.03mg (1.76%), Potassium: 60.22mg (1.72%), Vitamin E: 0.25mg (1.68%), Copper: 0.03mg (1.63%), Fiber: 0.38g (1.5%), Vitamin B6: 0.03mg (1.38%)