



## Colombian Yuca Bread (Pan de Yuca)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 eggs
- ☐ 2 cups queso fresco
- ☐ 0.3 teaspoon sugar
- ☐ 1 cup tapioca flour sour (yuca harina)

### Equipment

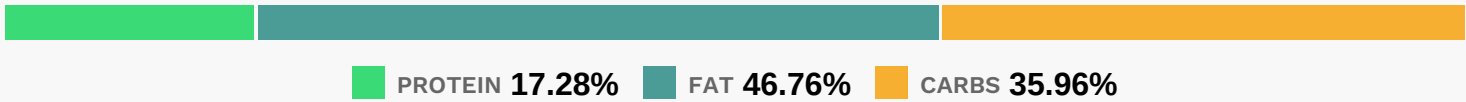
- ☐ food processor
- ☐ baking sheet
- ☐ baking paper

☐ oven

## Directions

- ☐ Pre-heat the oven to 450°F.In a food processor, place the yuca flour, cheese, sugar and baking powder. Process until well combine.
- ☐ Add the eggs slowly while food processor is running.Divide the mixture into 12 equal size portions and shape into a ball.
- ☐ Place on a baking sheet lined with parchment paper and bake for about 15 minutes or until golden on top.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.0295652152727%

## Nutrients (% of daily need)

Calories: 105.17kcal (5.26%), Fat: 5.54g (8.52%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.58g (3.48%), Sugar: 0.58g (0.65%), Cholesterol: 41.31mg (13.77%), Sodium: 216.12mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Calcium: 148.57mg (14.86%), Phosphorus: 105.06mg (10.51%), Selenium: 6.18µg (8.82%), Vitamin B12: 0.41µg (6.78%), Vitamin D: 0.7µg (4.64%), Zinc: 0.62mg (4.13%), Vitamin A: 203.49IU (4.07%), Vitamin B2: 0.07mg (4.04%), Iron: 0.34mg (1.91%), Vitamin B5: 0.19mg (1.85%), Magnesium: 5.89mg (1.47%), Vitamin B6: 0.03mg (1.4%), Folate: 4.87µg (1.22%), Potassium: 38.45mg (1.1%), Vitamin E: 0.15mg (1.01%)