



Pan de Queso (Colombian-Style Cheese Bread)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 1 eggs beaten
- ☐ 0.5 cup feta cheese
- ☐ 1 cup warm milk
- ☐ 0.5 cup queso fresco
- ☐ 12 servings salt to your taste

☐ 0.5 teaspoon sugar

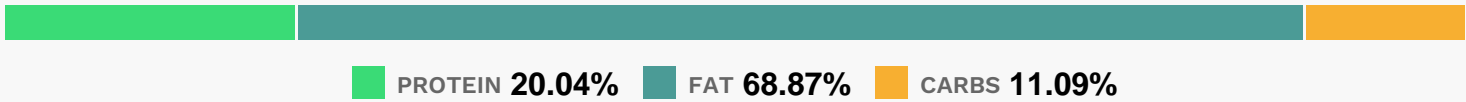
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Pre-heat the oven to 350°F.Dissolve the baking powder in 1/2 cup of the warm milk, add 1 tablespoon flour, and the sugar. Stir until well combined. Set aside for 5 minutes.In a medium bowl,
- ☐ Add the rest of the milk, butter and stir well.
- ☐ Add the egg, flour, salt, cheese and using your hands mix well. Cover with plastic and let it sit at room temperature for about 40 to 50 minutes.Divide the mixture into 12 equal size portions, shaping them into balls or doughnut shape. Cover loosely with plastic wrap and let it sit at room temperature for about 30 minutes.
- ☐ Place on a baking sheet lined with parchment paper and bake for about 25 to 30 minutes or until golden on top.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:2.4717391373023%

Nutrients (% of daily need)

Calories: 58.39kcal (2.92%), Fat: 4.5g (6.92%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.28g (1.42%), Cholesterol: 27.66mg (9.22%), Sodium: 358.99mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Calcium: 106.64mg (10.66%), Phosphorus:

76.01mg (7.6%), Vitamin B2: 0.11mg (6.28%), Vitamin B12: 0.34µg (5.59%), Selenium: 3.44µg (4.92%), Vitamin D: 0.46µg (3.06%), Vitamin A: 149.24IU (2.98%), Zinc: 0.44mg (2.96%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.21mg (2.12%), Vitamin B1: 0.02mg (1.64%), Magnesium: 5.41mg (1.35%), Potassium: 46.38mg (1.33%), Folate: 4.11µg (1.03%)