

Pan de Yuca



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



100 kcal

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 1 large eggs beaten
- ☐ 1 tsp granulated sugar
- ☐ 1 tsp kosher salt
- ☐ 4 cups queso fresco finely grated
- ☐ 1 Tbsp butter unsalted melted
- ☐ 2 Tbsp milk whole
- ☐ 1 cup cassava

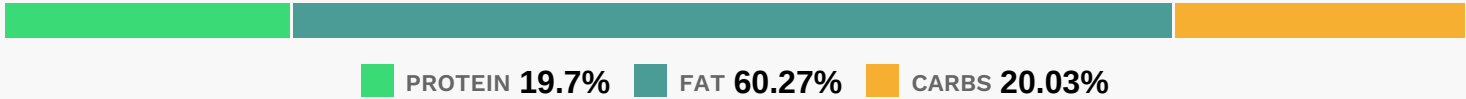
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375°F. Lightly grease a baking sheet or line it with parchment paper.
- ☐ Combine the flour, cheese, egg, baking powder, milk, butter, salt, and sugar in a bowl and knead them together until thoroughly mixed and fairly smooth. Form the dough into about 20 round balls.
- ☐ Bake the rolls on the baking sheet for 20 minutes or until golden brown.
- ☐ Serve warm. To reheat, cover the bread loosely with aluminum foil and heat for 6 to 8 minutes in a 200°F oven.
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Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:2.52, Inflammation Score:-2, Nutrition Score:3.431304367988%

Nutrients (% of daily need)

Calories: 99.93kcal (5%), Fat: 6.7g (10.31%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.82g (1.75%), Sugar: 1.03g (1.15%), Cholesterol: 27.84mg (9.28%), Sodium: 329.54mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Calcium: 156.76mg (15.68%), Phosphorus: 108.4mg (10.84%), Selenium: 5.59µg (7.98%), Vitamin B12: 0.44µg (7.36%), Vitamin D: 0.74µg (4.91%), Zinc: 0.7mg (4.69%), Vitamin A: 231.68IU (4.63%), Vitamin B2: 0.06mg (3.58%), Vitamin C: 2.12mg (2.57%), Manganese: 0.04mg (2.2%), Magnesium: 8.58mg (2.14%), Potassium: 65.33mg (1.87%), Vitamin B6: 0.03mg (1.64%), Vitamin B5: 0.14mg (1.43%), Folate: 5.69µg (1.42%), Vitamin B1: 0.02mg (1.41%), Vitamin E: 0.15mg (1.02%), Copper: 0.02mg (1.02%)