



## Pandebono (Colombian Cheese bread)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup precooked cornmeal
- ☐ 1 large eggs
- ☐ 1.3 cup feta cheese
- ☐ 0.7 cup yuca flour

### Equipment

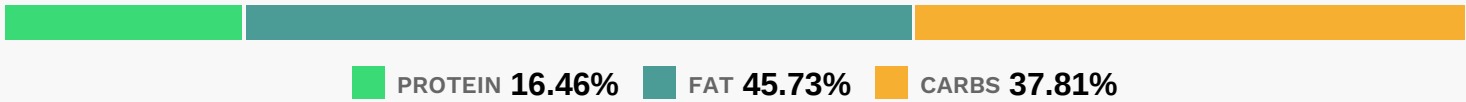
- ☐ food processor
- ☐ baking sheet
- ☐ baking paper

☐ oven

## Directions

- ☐ Pre-heat the oven to 400°F.In a food processor, place the yuca flour, cheese and masarepa. Process until well combined.
- ☐ Add the egg slowly while food processor is running.Divide the mixture into 12 equal size portions, shaping them into balls.
- ☐ Place on a baking sheet lined with parchment paper and bake for about 15 to 20 minutes or until golden on top.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.06, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:3.2247826301533%

## Nutrients (% of daily need)

Calories: 78.4kcal (3.92%), Fat: 3.98g (6.13%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.89g (2.51%), Sugar: 0.26g (0.29%), Cholesterol: 29.41mg (9.8%), Sodium: 185.78mg (8.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin B2: 0.16mg (9.38%), Calcium: 81.39mg (8.14%), Phosphorus: 71.45mg (7.14%), Selenium: 3.9µg (5.57%), Vitamin B6: 0.1mg (5.15%), Vitamin B12: 0.3µg (5.02%), Zinc: 0.65mg (4.3%), Manganese: 0.07mg (3.54%), Vitamin B1: 0.05mg (3.04%), Vitamin C: 2.36mg (2.86%), Folate: 11.17µg (2.79%), Vitamin B5: 0.25mg (2.47%), Magnesium: 9.42mg (2.35%), Fiber: 0.52g (2.07%), Vitamin A: 89.93IU (1.8%), Iron: 0.3mg (1.69%), Vitamin B3: 0.34mg (1.69%), Potassium: 57.12mg (1.63%), Copper: 0.03mg (1.37%)