



Salvadoran Sweet Cheese Bread

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter softened (1 stick)
- 1 tsp calumet baking powder
- 1 cup cornmeal
- 0.5 cup knudsen cream sour
- 3 eggs
- 1 tsp ground allspice
- 0.5 cup parmesan cheese grated kraft
- 1 cup sugar

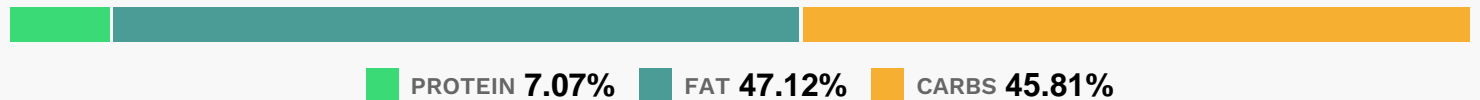
Equipment

- bowl
- oven
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 350F. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy.
- Add eggs, one at a time, beating well after each addition.
- Add cornmeal, baking powder and allspice; beat until well blended.
- Add cheese and sour cream; mix well.
- Pour into greased 8-inch square baking pan.
- Bake 40 min. or until toothpick inserted in center comes out clean. Cool completely.
- Cut into 16 squares to serve.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:3.82, Inflammation Score:-1, Nutrition Score:0.88565216407828%

Nutrients (% of daily need)

Calories: 51.44kcal (2.57%), Fat: 2.75g (4.23%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.73g (2.08%), Sugar: 3.76g (4.17%), Cholesterol: 15.39mg (5.13%), Sodium: 43.05mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Phosphorus: 21.14mg (2.11%), Selenium: 1.35µg (1.93%), Calcium: 17.77mg (1.78%), Vitamin A: 85.61IU (1.71%), Vitamin B2: 0.02mg (1.28%), Vitamin B6: 0.02mg (1.14%), Zinc: 0.17mg (1.13%), Fiber: 0.28g (1.12%), Manganese: 0.02mg (1.07%), Magnesium: 4.02mg (1.01%)