

# Gluten Free Brazilian Cheese Buns

Yield: 19 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-cheese-buns-recipe>

## Ingredients:

- 1/2 cup butter
- 1/3 cup milk
- 1/3 cup water
- 1 teaspoon salt or more to taste
- 2 cups tapioca flour
- 2 teaspoons minced garlic
- 2/3 cup Parmesan cheese fresh kind please
- 2 eggs beaten
- 1/2 cup unsalted butter
- 1/4 cup water
- 1/4 cup milk
- 3/4 teaspoon salt or 1 tsp. real sea salt
- 2 cups gluten-free tapioca flour
- 2 teaspoons minced garlic
- 2/3 cup grated Parmesan Romano cheese
- 2 eggs lightly beaten

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Protein: 4 grams
6. SaturatedFat: 8 grams
7. Sodium: 380 milligrams
8. Sugar: 1 grams

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