

Quick Brazilian Cheese Rolls {Pao de Queijo}

Yield: 16 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-pao-de-queijo-recipe-cheese-rolls>

Ingredients:

- 1 large egg
- 1/2 cup milk
- 1/4 cup canola oil
- 1 cup tapioca flour sometimes labeled tapioca starch no substitutions
- 1/2 teaspoon kosher salt
- 1/4 cup cheddar cheese grated, *, preferably medium or sharp
- 1/4 cup grated Parmesan cheese
- cheese optional
- rosemary optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 130 milligrams
8. Sugar: 1 grams

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