

# Puerto Rican Pan Sobao

Yield: 24 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-sobao-puerto-rico-recipe>

## Ingredients:

- 1 1/2 cups water warm
- 4 1/2 teaspoons active dry yeast
- 3 tablespoons white granulated sugar
- 1/4 cup lard or shortening
- 5 cups bread flour divided
- 1 1/2 teaspoons salt

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 150 milligrams
9. Sugar: 2 grams

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