



Arepa Bites with Shredded Beef and Avocado

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 1 small avocado diced
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups arepa flour white yellow pre-cooked
- ☐ 12 servings cilantro leaves fresh for garnish
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 juice of lime
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pinch salt

- ☐ 12 servings salt and pepper
- ☐ 1.3 cups warm water

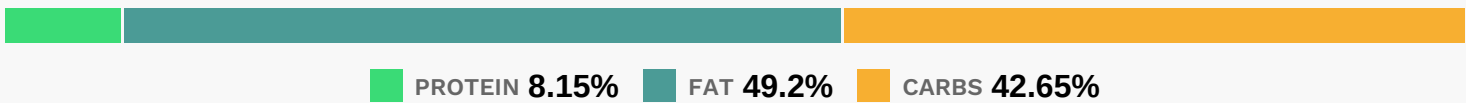
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Combine the cornmeal, warm water, cumin, cheese, butter and salt, mixing thoroughly.
- ☐ Let mixture stand for five minutes.Knead with your hands for about 3 minutes moistening your hands with water as you work. Preheat the oven to 375 degrees F.Form small balls with the dough. Spray your muffin tin with non-stick spray.
- ☐ Place one ball in each muffin cup and press with your fingers to make small shells.Meanwhile mix the avocado, lime juice, salt and pepper in a small bowl. Set aside.
- ☐ Bake for about 20 minutes.
- ☐ Place them on a serving plate, then fill each bite with shredded beef and garnish with avocado pieces and cilantro leaves.
- ☐ Serve WARM!

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:8.75, Inflammation Score:-3, Nutrition Score:4.1691304267101%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 127kcal (6.35%), Fat: 7.05g (10.85%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.2g (4.44%), Sugar: 0.18g (0.2%), Cholesterol: 11.98mg (3.99%), Sodium: 266.81mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Folate: 42.62µg (10.66%), Vitamin B1: 0.14mg (9.04%), Selenium: 6.15µg (8.78%), Manganese: 0.14mg (6.8%), Vitamin B2: 0.11mg (6.38%), Fiber: 1.56g (6.24%), Vitamin B3: 1.22mg (6.12%), Iron: 0.89mg (4.93%), Phosphorus: 40.57mg (4.06%), Vitamin K: 4.25µg (4.05%), Vitamin A: 169.09IU (3.38%), Vitamin E: 0.48mg (3.23%), Vitamin B5: 0.32mg (3.15%), Potassium: 106.44mg (3.04%), Copper: 0.06mg (3.03%), Vitamin B6: 0.05mg (2.64%), Calcium: 25.78mg (2.58%), Vitamin C: 2.08mg (2.53%), Magnesium: 9.8mg (2.45%), Zinc: 0.32mg (2.13%)