



Arepa Chips with Chorizo and Queso Fresco

READY IN



45 min.

SERVINGS



12

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp butter
- ☐ 2 cups arepa flour white yellow pre-cooked
- ☐ 12 servings cilantro leaves fresh for garnish
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 cups queso fresco crumbled
- ☐ 1 pinch salt
- ☐ 2 cups warm water

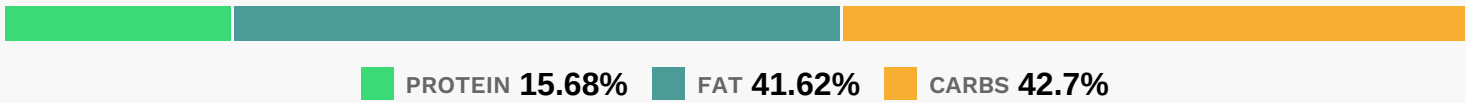
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ cookie cutter
- ☐ ziploc bags

Directions

- ☐ Combine the cornmeal, warm water, parmesan cheese, 1 tbsp 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.Form 4 balls with the dough.
- ☐ Place each ball between 2 plastic bags and using a flat pot cover, flatten to 1/8 inch.Using a cookie cutter, cut the dough in small rounds
- ☐ Preheat oven to 350 degrees F.
- ☐ Place on a baking sheet lined with parchment paper and bake for 15 to 20 minutes.
- ☐ Place the arepa chips on a serving platter and top each arepa with queso fresco and 1 chorizo slice.
- ☐ Sprinkle cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:11.5, Inflammation Score:-3, Nutrition Score:5.251304358163%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 157.13kcal (7.86%), Fat: 7.2g (11.07%), Saturated Fat: 4g (25.01%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 16.05g (5.84%), Sugar: 0.53g (0.59%), Cholesterol: 19.84mg (6.61%), Sodium: 188.17mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Selenium: 11.3µg (16.15%), Calcium: 127.4mg

(12.74%), Vitamin B1: 0.17mg (11.5%), Phosphorus: 106.68mg (10.67%), Folate: 39.73µg (9.93%), Vitamin B2: 0.14mg (8.35%), Manganese: 0.15mg (7.3%), Vitamin B3: 1.24mg (6.19%), Vitamin B12: 0.36µg (5.95%), Iron: 1.01mg (5.63%), Zinc: 0.71mg (4.75%), Vitamin A: 236.99IU (4.74%), Vitamin D: 0.55µg (3.69%), Magnesium: 10.22mg (2.56%), Fiber: 0.57g (2.26%), Copper: 0.04mg (2.18%), Vitamin B5: 0.17mg (1.7%), Potassium: 51.14mg (1.46%), Vitamin B6: 0.03mg (1.28%)