



Arepa con Atún y Camarones (Arepa with Tuna and Shrimp)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tuna cans
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 4 servings salt and pepper
- ☐ 16 shrimp cooked

- ☐ 0.8 cup mayonnaise
- ☐ 3 tablespoons catsup
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon onion chopped
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.5 juice of lime
- ☐ 4 servings onion and cilantro red chopped for garnish

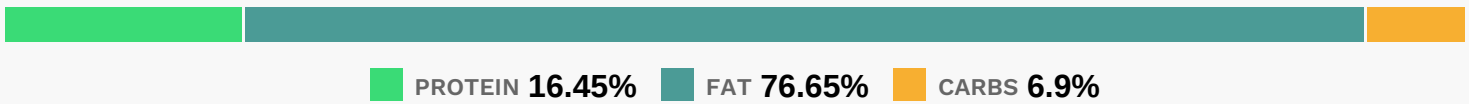
Equipment

- ☐ bowl

Directions

- ☐ Mix all the ingredients in a medium bowl. Season with salt and pepper to your taste.
- ☐ Mix all the ingredients together in large bowl and let it sit in the fridge for at least an hour.
- ☐ Place the arepas on a serving plate, top with tuna and shrimp.
- ☐ Sprinkle cilantro, red onion or parsley and serve immediately. Colombian Arepa

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:19.831304353216%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg

Nutrients (% of daily need)

Calories: 628.29kcal (31.41%), Fat: 53.48g (82.28%), Saturated Fat: 8.46g (52.86%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.54g (3.47%), Sugar: 5.94g (6.6%), Cholesterol: 124.4mg (41.47%), Sodium: 991.4mg (43.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Vitamin K: 148.64µg (141.56%), Selenium: 59.67µg (85.25%), Vitamin B3: 8.71mg (43.57%), Vitamin B12: 2.27µg (37.81%), Phosphorus: 241.73mg (24.17%), Vitamin B6: 0.38mg (19.21%), Vitamin E: 2.8mg (18.65%), Vitamin C: 12.6mg (15.27%), Copper: 0.25mg (12.63%), Potassium: 424.88mg (12.14%), Iron: 2.1mg (11.66%), Magnesium: 44.32mg (11.08%), Zinc: 1.37mg (9.11%), Vitamin D: 1.16µg (7.73%), Vitamin B2: 0.12mg (7.32%), Manganese: 0.14mg (6.96%), Vitamin A: 344.87IU (6.9%), Calcium: 67.81mg (6.78%), Folate: 25.87µg (6.47%), Fiber: 1.29g (5.18%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.36mg (3.59%)