



Arepa con Carne Asada (Arepa with Colombian-Style Grilled Beef)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef skirt trimmed cut into 4 equal servings
- ☐ 0.5 cup onion finely chopped
- ☐ 4 garlic cloves minced
- ☐ 2 scallions finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup beer
- ☐ 1 tablespoon vegetable oil

- ☐ 4 servings salt and pepper black
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 4 arepas cooked
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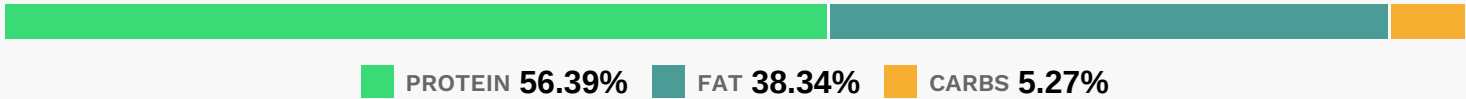
Equipment

- ☐ grill

Directions

- ☐ Mix the chopped onion, minced garlic, scallions, cumin, beer, oil salt and pepper together to make a marinade for the meat.
- ☐ Rub the marinade on the steaks and let marinate for a bout 3 hours or overnight in the refrigerator.
- ☐ Grill or fry the steaks over high heat to desired doneness, about 3 minutes on each side. To serve, top each arepa with a piece of meat, sprinkle fresh cilantro and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:24.479565257611%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 369.95kcal (18.5%), Fat: 14.9g (22.93%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.04g (1.15%), Cholesterol: 140.61mg (46.87%), Sodium: 348.23mg (15.14%), Alcohol: 1.15g (100%), Alcohol %: 0.5% (100%), Protein: 49.32g (98.65%), Vitamin B12: 5.09µg (84.77%), Zinc:

11.67mg (77.79%), Vitamin B3: 12.72mg (63.61%), Selenium: 40.24µg (57.48%), Vitamin B6: 0.97mg (48.56%), Phosphorus: 468.77mg (46.88%), Iron: 5.94mg (32.98%), Potassium: 864.66mg (24.7%), Vitamin B2: 0.39mg (22.9%), Vitamin K: 22.61µg (21.53%), Vitamin B5: 1.52mg (15.21%), Magnesium: 57.71mg (14.43%), Copper: 0.2mg (10.23%), Vitamin B1: 0.12mg (7.78%), Vitamin E: 0.99mg (6.63%), Manganese: 0.13mg (6.6%), Folate: 21.51µg (5.38%), Vitamin C: 3.85mg (4.67%), Calcium: 41.39mg (4.14%), Vitamin A: 134.32IU (2.69%), Fiber: 0.64g (2.56%), Vitamin D: 0.23µg (1.51%)