



Arepa con Carne y Champiñones (Corn Cake with Beef and Mushrooms)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



640 kcal

SIDE DISH

Ingredients

- ☐ 1 pound beef steaks good thin
- ☐ 2 servings cilantro leaves fresh
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 1 garlic clove
- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons olive oil

- ☐ 0.3 teaspoon onions
- ☐ 2 cups portabello mushrooms sliced
- ☐ 2 servings salt and pepper
- ☐ 1 scallion finely chopped

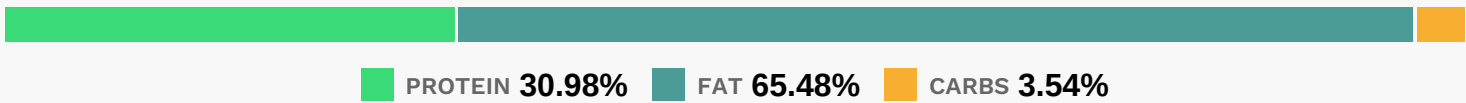
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a sauce pan over medium heat.
- ☐ Add the onions, mushrooms, garlic and thyme and season with salt and pepper. Cook for about 7 minutes or until they are golden brown, stirring often.To assemble: top each arepa with beef and mushrooms.
- ☐ Garnish with fresh cilantro and serve warm.

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:29.960000172905%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 639.8kcal (31.99%), Fat: 46.24g (71.14%), Saturated Fat: 12.72g (79.53%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.36g (2.62%), Cholesterol: 163.29mg (54.43%), Sodium: 340.69mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.23g (98.47%), Selenium: 72.72µg (103.88%), Vitamin B3: 17.73mg (88.65%), Vitamin B6: 1.59mg (79.3%), Zinc: 9.3mg (61.98%), Phosphorus: 560.99mg (56.1%), Vitamin B12: 2.83µg (47.21%), Potassium: 1120.53mg (32.02%), Vitamin K: 28.65µg (27.29%), Vitamin E: 3.89mg (25.94%), Iron: 4.67mg (25.94%), Copper: 0.47mg (23.69%), Vitamin B5: 2.34mg (23.44%), Vitamin B2: 0.38mg (22.07%),

Vitamin B1: 0.26mg (17.14%), Magnesium: 54.91mg (13.73%), Folate: 53.39µg (13.35%), Manganese: 0.2mg (10.01%), Calcium: 74.34mg (7.43%), Fiber: 1.5g (5.99%), Vitamin C: 3.42mg (4.14%), Vitamin A: 97.08IU (1.94%), Vitamin D: 0.26µg (1.72%)