



Arepa con Cerdo y Camarones (Arepa with Pork and Shrimp)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 juice of lime
- ☐ 0.3 cup catsup
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings olive oil for drizzling

- ☐ 0.3 cup onion finely chopped
- ☐ 5.5 pounds pork loin cut into 4 pieces
- ☐ 4 servings salt & pepper
- ☐ 1 scallion chopped
- ☐ 16 large shrimp cooked

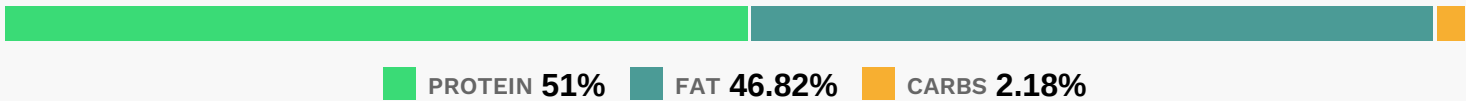
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ wax paper

Directions

- ☐ Place the pork pieces between sheets of wax paper, then pound until each steak is about ¼ inch thick.
- ☐ Place the pounded pork in a zip lock plastic bag.
- ☐ Add the onion, scallion, cumin, garlic, salt and pepper. Refrigerate for 1 hour or overnight. Be sure the steaks are evenly covered.In a large skillet, heat the olive oil over medium heat.
- ☐ Place the pork into the skillet and cook for 5 minutes per side or until the pork is cooked.To make the shrimp:In a small bowl combine onion, lime juice, ketchup, mayonnaise, pepper,hot sauce and cilantro.
- ☐ Place an arepa on a serving plate, top with the pork and place the shrimp on top of the pork.
- ☐ Sprinkle fresh cilantro, drizzle olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:45.367391213127%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 1195.02kcal (59.75%), Fat: 60.54g (93.14%), Saturated Fat: 13.04g (81.52%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.01g (2.18%), Sugar: 3.99g (4.43%), Cholesterol: 469.08mg (156.36%), Sodium: 862.54mg (37.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 148.38g (296.75%), Selenium: 173.7µg (248.14%), Vitamin B6: 4.76mg (238.07%), Vitamin B1: 2.78mg (185.19%), Vitamin B3: 36.1mg (180.48%), Phosphorus: 1505.56mg (150.56%), Zinc: 11.88mg (79.2%), Potassium: 2523.55mg (72.1%), Vitamin B2: 1.2mg (70.83%), Vitamin K: 61.14µg (58.23%), Vitamin B12: 3.21µg (53.57%), Vitamin B5: 4.73mg (47.31%), Magnesium: 181.27mg (45.32%), Copper: 0.55mg (27.42%), Vitamin E: 4.01mg (26.71%), Iron: 3.94mg (21.87%), Vitamin D: 2.55µg (17.01%), Calcium: 69.63mg (6.96%), Manganese: 0.11mg (5.52%), Vitamin C: 4.44mg (5.38%), Vitamin A: 137.41IU (2.75%), Folate: 7.42µg (1.85%), Fiber: 0.35g (1.42%)