



Arepa con Guacamole y Camarones (Arepa with Guacamole and Shrimp)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

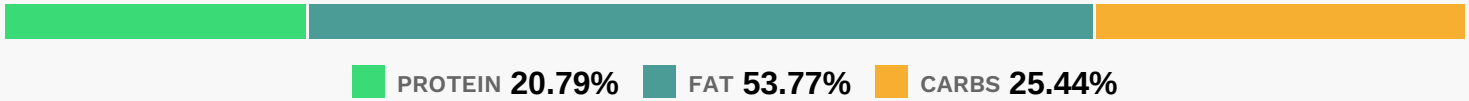
- ☐ 1 cup guacamole
- ☐ 2 servings limes
- ☐ 1 cup salsa rosada
- ☐ 12 shrimp cooked

Equipment

Directions

- ☐ Place the arepa on a serving plate, spread 1/2 cup of guacamole and top with 6 shrimp with salsa rosada.
- ☐ Place lime wedges on the side to drizzle on top of the shrimp.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:17.609999895096%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 290.8kcal (14.54%), Fat: 18.94g (29.14%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 9.25g (3.36%), Sugar: 5.9g (6.55%), Cholesterol: 96.6mg (32.2%), Sodium: 933.09mg (40.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Fiber: 10.91g (43.64%), Potassium: 1107.19mg (31.63%), Vitamin K: 31.75µg (30.24%), Copper: 0.56mg (28.06%), Vitamin E: 4.19mg (27.93%), Vitamin B6: 0.55mg (27.65%), Folate: 107.01µg (26.75%), Phosphorus: 236.26mg (23.63%), Vitamin C: 17.01mg (20.61%), Vitamin B5: 2.01mg (20.14%), Magnesium: 77.17mg (19.29%), Vitamin B3: 3.64mg (18.23%), Manganese: 0.34mg (17.24%), Vitamin A: 810IU (16.2%), Zinc: 1.87mg (12.48%), Vitamin B2: 0.21mg (12.09%), Calcium: 92.11mg (9.21%), Iron: 1.59mg (8.82%), Vitamin B1: 0.13mg (8.76%), Selenium: 1.7µg (2.43%)