



Arepa Reina Pepiada (Arepa with Shredded Chicken and Avocado)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe plus more for serving peeled
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup bell pepper diced red finely

- ☐ 6 servings salt and pepper black
- ☐ 0.3 cup scallions chopped
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.3 cup onion white grated

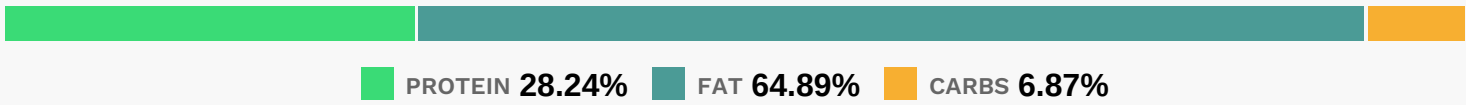
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, mix together the cooked and shredded chicken, scallions, white onion, red bell pepper, garlic and cilantro. Set aside.In a small bowl, whisk together the mayonnaise, lime juice, avocado, hot sauce, salt and pepper to taste.
- ☐ Place the arepas on a serving plate, top with the chicken and avocado mixture.
- ☐ Add some avocado on top and sprinkle cilantro or parsley .
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:16.020869617877%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 348.97kcal (17.45%), Fat: 25.17g (38.73%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 6g (2%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.85g (2.06%), Cholesterol: 77.84mg (25.95%), Sodium: 404.49mg (17.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.3%), Vitamin C: 38.62mg (46.81%), Vitamin K: 48µg (45.72%), Vitamin B3: 8.23mg (41.13%), Selenium: 23.68µg (33.84%), Vitamin B6: 0.56mg (28.13%), Phosphorus: 212.11mg (21.21%), Vitamin A: 935.64IU (18.71%), Vitamin B5: 1.51mg (15.06%), Potassium: 463.47mg (13.24%), Vitamin B2: 0.21mg (12.51%), Folate: 48.77µg (12.19%), Fiber: 3.03g (12.1%), Zinc: 1.76mg (11.75%), Vitamin E: 1.74mg (11.6%), Iron: 1.56mg (8.65%), Magnesium: 34.6mg (8.65%), Vitamin B1: 0.1mg (6.9%), Copper: 0.13mg (6.72%), Manganese: 0.12mg (5.94%), Vitamin B12: 0.29µg (4.88%), Calcium: 24.9mg (2.49%)