



Arepa Thai de Pollo (Thai Chicken Arepa)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

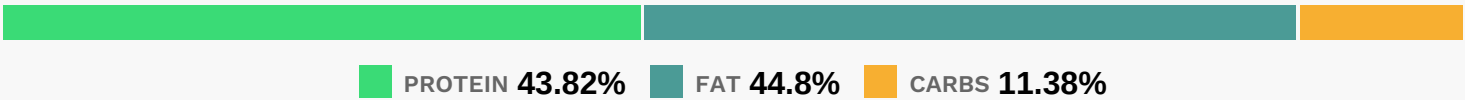
- ☐ 6 tablespoons carrots shredded
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 cup cucumber peeled cut into matchsticks
- ☐ 0.3 cup peanuts chopped
- ☐ 0.3 cup bell pepper red cut into matchsticks
- ☐ 2 scallions chopped
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 2 servings thai chili sauce for serving

Equipment

Directions

- ☐ Place an arepa on a serving plate, top with the cooked chicken and add the cucumber, shredded carrots, red bell pepper and peanuts.
- ☐ Sprinkle scallions and fresh cilantro.
- ☐ Drizzle chili sauce to your taste and serve.

Nutrition Facts



Properties

Glycemic Index:86.04, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:26.340434675631%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 372.01kcal (18.6%), Fat: 18.57g (28.57%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 6.64g (2.41%), Sugar: 4.11g (4.56%), Cholesterol: 105mg (35%), Sodium: 210.98mg (9.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.87g (81.75%), Vitamin A: 8458.82IU (169.18%), Vitamin B3: 14.74mg (73.68%), Selenium: 35.98µg (51.4%), Vitamin B6: 0.78mg (39.03%), Vitamin K: 39.35µg (37.48%), Phosphorus: 371.69mg (37.17%), Vitamin C: 30.62mg (37.12%), Manganese: 0.63mg (31.53%), Potassium: 724.33mg (20.7%), Folate: 79.61µg (19.9%), Vitamin B5: 1.93mg (19.26%), Magnesium: 76.86mg (19.22%), Zinc: 2.76mg (18.42%), Vitamin B1: 0.27mg (17.82%), Vitamin B2: 0.29mg (17.23%), Iron: 2.91mg (16.18%), Fiber: 3.99g (15.96%), Copper: 0.3mg (15.01%), Vitamin B12: 0.41µg (6.77%), Calcium: 65.61mg (6.56%), Vitamin E: 0.81mg (5.39%)