



Arepas

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 2 cups chicken broth hot
- ☐ 2 cups cornmeal
- ☐ 0.5 cup pinto beans black canned drained
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheese shredded (Jack, cheddar, mozzarella, or a combination)

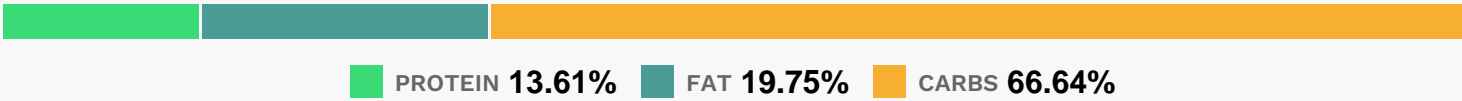
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the cornmeal and salt in a bowl.
- ☐ Add the broth (or water).
- ☐ Mix until a dough with no lumps forms.
- ☐ When it's cool enough to touch, use your hands to divide it into 8 pieces. Cover them with a damp towel.
- ☐ Heat a lightly greased large griddle. Dip your hands in cold water (to prevent sticking) and roll each dough piece into a ball. Using your fingers, make an indentation in the center of each.
- ☐ Push a teaspoon each of beans and cheese into each ball. Pinch the dough around the filling to enclose it.
- ☐ Flatten each ball to 1 inch thick between your palms.
- ☐ Cook them on the griddle until crisp, about 3 minutes a side.
- ☐ Tell first-time arepa eaters that a "surprise" awaits them inside the cake.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:23.79, Inflammation Score:-3, Nutrition Score:8.2586956824297%

Nutrients (% of daily need)

Calories: 247.9kcal (12.4%), Fat: 5.45g (8.38%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 35.71g (12.99%), Sugar: 1.41g (1.56%), Cholesterol: 8.94mg (2.98%), Sodium: 777.03mg (33.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.89%), Fiber: 5.64g (22.55%), Manganese: 0.42mg (21.24%), Phosphorus: 168.53mg (16.85%), Vitamin B6: 0.33mg (16.33%), Magnesium: 64.07mg (16.02%), Zinc: 2.05mg (13.67%), Vitamin B1: 0.19mg (12.38%), Iron: 1.89mg (10.52%), Copper: 0.16mg (8.22%), Vitamin B3: 1.53mg (7.64%), Vitamin B2: 0.12mg (7.31%), Selenium: 5.08µg (7.26%), Potassium: 231.26mg (6.61%), Calcium: 60.38mg (6.04%), Folate: 22.09µg (5.52%), Vitamin B12: 0.23µg (3.81%), Vitamin B5: 0.35mg (3.55%), Vitamin E: 0.33mg (2.18%), Vitamin A: 64.66IU (1.29%)