



WHATSheATE



Arepas con Salmon y Aguacate (Arepas with Salmon and Avocado)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado ripe
- ☐ 8 servings cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon hot sauce
- ☐ 3 tablespoons juice of lime
- ☐ 6 tablespoon mayonnaise

- ☐ 0.5 cup onion grated
- ☐ 0.3 teaspoon paprika
- ☐ 2 cups salmon flaked cooked
- ☐ 8 servings salt and pepper

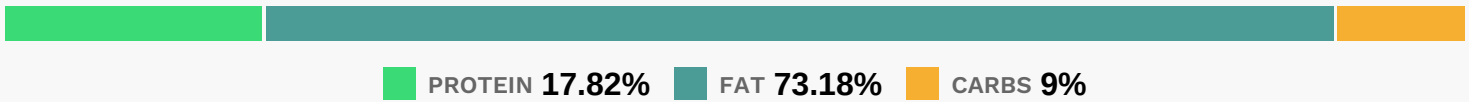
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, toss together the salmon,1/4 cup grated onion, cumin, paprika,1 tablespoon lime juice and mayonnaise.Season with salt and pepper and toss to combine. Set aside.
- ☐ Cut the avocados in half, remove the pits, and scoop the flesh out of their shells into a small bowl.
- ☐ Add the lime juice, hot sauce, remaining onion, garlic, salt, and pepper and toss well.
- ☐ Place the arepas on a platter and top them with the salmon.
- ☐ Add avocado mixture on top of the salmon. Season with salt and pepper, to taste.
- ☐ Add fresh cilantro on top and serve.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:8.206086848741%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 166.29kcal (8.31%), Fat: 13.74g (21.14%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.76g (0.84%), Cholesterol: 23.11mg (7.7%), Sodium: 281.26mg (12.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin K: 22.84µg (21.75%), Selenium: 12.87µg (18.38%), Vitamin B12: 1.09µg (18.23%), Vitamin B6: 0.36mg (18.21%), Vitamin B3: 3.14mg (15.71%), Vitamin B2: 0.17mg (9.94%), Vitamin B5: 0.96mg (9.57%), Potassium: 316.52mg (9.04%), Phosphorus: 88.1mg (8.81%), Folate: 31.96µg (7.99%), Fiber: 1.92g (7.66%), Copper: 0.14mg (7.13%), Vitamin B1: 0.1mg (6.81%), Vitamin C: 5.18mg (6.28%), Vitamin E: 0.9mg (6.01%), Magnesium: 19.17mg (4.79%), Manganese: 0.07mg (3.3%), Iron: 0.52mg (2.91%), Zinc: 0.43mg (2.85%), Vitamin A: 98.68IU (1.97%), Calcium: 12.62mg (1.26%)