



Arepas with Cheese and Fresh Tomatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

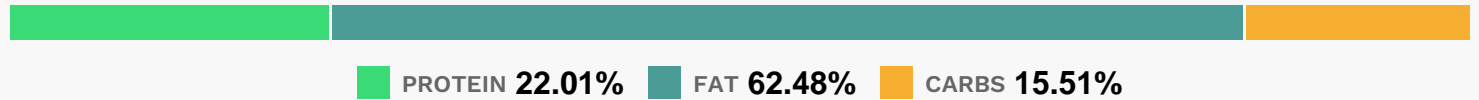
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons extravirgin olive oil
- 6 large fresh basil leaves fresh
- 3 ounces fresh mozzarella cheese fresh cut into 6 slices
- 12 ounces plum tomatoes thinly sliced
- 0.1 teaspoon salt
- 6 arepas

Equipment

Directions

- Arrange arepas on a platter.
- Layer each arepa with 1 mozzarella slice and about 1/3 cup tomatoes.
- Sprinkle tomato layer evenly with pepper and salt.
- Drizzle with oil, and top with basil.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:0.68, Inflammation Score:0, Nutrition Score:3.820434782816%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 64.82kcal (3.24%), Fat: 4.62g (7.11%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.64g (1.82%), Cholesterol: 11.2mg (3.73%), Sodium: 140.22mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin A: 589.68IU (11.79%), Vitamin C: 7.84mg (9.5%), Calcium: 78.37mg (7.84%), Vitamin K: 7.4µg (7.05%), Phosphorus: 64.14mg (6.41%), Vitamin B12: 0.32µg (5.39%), Potassium: 147.46mg (4.21%), Manganese: 0.08mg (4.21%), Vitamin E: 0.53mg (3.53%), Selenium: 2.42µg (3.45%), Zinc: 0.51mg (3.43%), Vitamin B2: 0.05mg (3.02%), Fiber: 0.71g (2.83%), Vitamin B6: 0.05mg (2.57%), Folate: 9.78µg (2.45%), Magnesium: 9.47mg (2.37%), Copper: 0.04mg (1.88%), Vitamin B3: 0.36mg (1.78%), Vitamin B1: 0.03mg (1.7%), Iron: 0.24mg (1.36%)