



Arepas with Corn and Pulled Pork

READY IN



20 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 2 oz monterrey jack cheese shredded
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons milk
- ☐ 11 oz corn sweet whole drained canned
- ☐ 1.5 cups barbequed pulled pork cooked
- ☐ 0.3 cup queso fresco crumbled
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 serving lime wedges

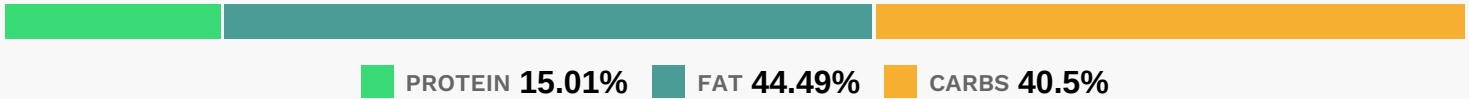
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, mix cornbread mix, Monterey Jack cheese, melted butter and milk until well blended. Stir in 1/3 cup of the corn; reserve remaining corn.
- ☐ To make arepas, heat 12-inch heavy skillet or electric griddle on medium-high heat. Shape cornbread mixture into small patties, about 2 inches in diameter. Cook 2 to 3 minutes on each side, turning once, until golden brown.
- ☐ To serve, place 1 arepa on plate; top with about 1/4 cup pulled pork, 3 tablespoons reserved corn and 1 tablespoon queso fresco.
- ☐ Sprinkle with cilantro, and serve with lime wedge.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:6.5956521863523%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 386.52kcal (19.33%), Fat: 19.2g (29.53%), Saturated Fat: 8.85g (55.33%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 37.32g (13.57%), Sugar: 15.44g (17.15%), Cholesterol: 55.08mg (18.36%), Sodium: 843.62mg (36.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Phosphorus: 248.84mg (24.88%), Calcium: 167.95mg (16.79%), Folate: 46.04µg (11.51%), Vitamin B1: 0.15mg (9.85%), Vitamin B2: 0.15mg (8.98%), Vitamin A: 439.63IU (8.79%), Iron: 1.5mg (8.33%), Fiber: 2g (8.01%), Vitamin B3: 1.45mg (7.27%), Selenium: 4.61µg (6.59%), Manganese: 0.13mg (6.41%), Zinc: 0.82mg (5.44%), Magnesium: 18.32mg (4.58%), Vitamin B12: 0.27µg (4.54%), Potassium: 124.58mg (3.56%), Vitamin B6: 0.06mg (2.84%), Vitamin C: 2.03mg (2.46%), Copper: 0.05mg (2.38%), Vitamin K: 2.4µg (2.29%), Vitamin B5: 0.23mg (2.28%), Vitamin D: 0.32µg (2.15%), Vitamin E: 0.27mg

(1.77%)