



Arepas with Salmon and Shrimp (Arepas con Salmon y Camarones)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh plus more for garnish chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 optional: lemon
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon mustard
- ☐ 0.3 cup onion grated

- ☐ 15 oz salmon fillet cooked cut into small pieces
- ☐ 4 servings salt and pepper
- ☐ 15 shrimp diced cooked

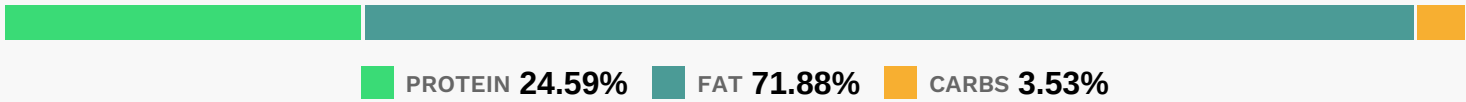
Equipment

- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine the mayonnaise, mustard, cilantro, garlic, ground cumin, lemon juice and onion.
- ☐ Mix well.Fold in the salmon and shrimp. Season with salt and pepper.
- ☐ Place an arepa in a serving plate, top with the mixture and garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:21.728260892889%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 484.6kcal (24.23%), Fat: 38.61g (59.4%), Saturated Fat: 6.02g (37.64%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.09g (1.12%), Sugar: 1.42g (1.58%), Cholesterol: 136.49mg (45.5%), Sodium: 595.34mg (25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Vitamin K: 74.78µg (71.21%), Selenium: 41.33µg (59.05%), Vitamin B12: 3.43µg (57.18%), Vitamin B6: 0.92mg (46.1%), Vitamin B3: 8.45mg (42.24%), Phosphorus: 315.69mg (31.57%), Vitamin B2: 0.43mg (25.12%), Copper: 0.44mg (22.25%), Potassium: 701.51mg (20.04%), Vitamin B5: 1.93mg (19.32%), Vitamin C: 15.85mg (19.21%), Vitamin B1: 0.27mg (18.04%), Magnesium: 50.51mg (12.63%), Vitamin E: 1.49mg (9.92%), Zinc: 1.33mg (8.86%), Folate: 35.09µg (8.77%), Iron: 1.51mg (8.38%), Calcium:

55.78mg (5.58%), Manganese: 0.09mg (4.73%), Fiber: 1.17g (4.69%), Vitamin A: 215.24IU (4.3%)