



Arepas with Savory Topping

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

Ingredients

- 1.5 cups black beans
- 9 tablespoons queso fresco crumbled
- 6 tablespoons salsa
- 6 arepas

Equipment

Directions

- Arrange arepas on a platter. Spoon 1/4 cup Simple Black Beans onto each arepa. Top each serving with 1 tablespoon Avocado Salsa and 1 1/2 tablespoons queso fresco.

Nutrition Facts



■ PROTEIN **24.82%** ■ FAT **38.41%** ■ CARBS **36.77%**

Properties

Glycemic Index:5, Glycemic Load:1.94, Inflammation Score:0, Nutrition Score:6.6104347654011%

Nutrients (% of daily need)

Calories: 127.72kcal (6.39%), Fat: 5.54g (8.53%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 7.91g (2.87%), Sugar: 1.12g (1.25%), Cholesterol: 15.3mg (5.1%), Sodium: 271.96mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.11%), Folate: 66.26µg (16.57%), Fiber: 4.03g (16.12%), Phosphorus: 150.71mg (15.07%), Calcium: 141.63mg (14.16%), Manganese: 0.21mg (10.61%), Magnesium: 37.82mg (9.46%), Vitamin B1: 0.12mg (7.99%), Zinc: 1.09mg (7.24%), Selenium: 4.94µg (7.06%), Potassium: 222.54mg (6.36%), Vitamin B12: 0.37µg (6.21%), Iron: 1.01mg (5.64%), Copper: 0.11mg (5.38%), Vitamin A: 258.15IU (5.16%), Vitamin B2: 0.07mg (4.05%), Vitamin D: 0.6µg (3.99%), Vitamin B6: 0.07mg (3.73%), Vitamin B5: 0.22mg (2.16%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.28mg (1.85%)