



## Boliarepitas (Colombian Cheese-Arepa Balls)

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 cups precooked cornmeal
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pinch salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 24 servings vegetable oil for frying
- ☐ 2 cups warm water

### Equipment

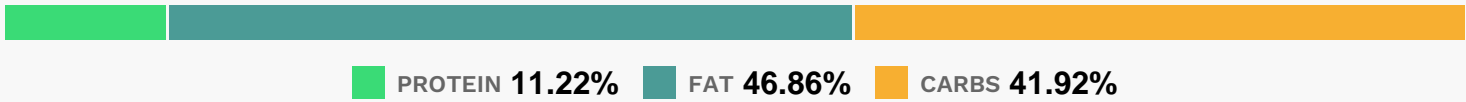
- ☐ frying pan

☐ paper towels

## Directions

- ☐ Combine the cornmeal, warm water, cheese, and salt, mixing thoroughly.
- ☐ Let mixture stand for about 7 minutes.Knead with your hands for about 3 minutes moistening your hands with warm water as you work.Form 24 small balls with the dough.
- ☐ Heat oil in a large nonstick skillet over medium heat, then fry boliarepas in 2 or 3 batches, turning over once, until golden, about 3 minutes per side.
- ☐ Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:3.98, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:2.4569565355778%

## Nutrients (% of daily need)

Calories: 94.02kcal (4.7%), Fat: 4.91g (7.56%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 8.65g (3.14%), Sugar: 0.26g (0.28%), Cholesterol: 4.59mg (1.53%), Sodium: 50.62mg (2.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Phosphorus: 52.94mg (5.29%), Vitamin K: 5.3µg (5.05%), Fiber: 1.25g (4.98%), Manganese: 0.09mg (4.36%), Vitamin B6: 0.08mg (4.04%), Zinc: 0.59mg (3.96%), Magnesium: 15.67mg (3.92%), Calcium: 34.16mg (3.42%), Selenium: 1.95µg (2.79%), Vitamin B1: 0.04mg (2.76%), Iron: 0.42mg (2.34%), Vitamin B12: 0.12µg (2.01%), Vitamin E: 0.29mg (1.95%), Copper: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.33mg (1.66%), Potassium: 48.13mg (1.38%), Folate: 4.89µg (1.22%)