



Cheese Stuffed Corn Cakes (Arepas Rellenas de Queso)

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

SIDE DISH

Ingredients

- 2 tablespoon butter divided soft
- 2 cups pre corn meal cooked (masarepa)
- 12 slices mozzarella cheese
- 0.3 teaspoon salt
- 2 cups water hot

Equipment

- bowl

- frying pan
- baking paper
- knife
- pot
- ziploc bags

Directions

- In a medium bowl mix the masarepa, water, salt and butter. Knead with your hands for about 3 minutes moistening your hands with water as you work. Form 6 small balls with the dough.
- Place each ball between 2 plastic bags or parchment paper and with a flat pot cover flatten to about 1/3 inch. The arepas should be about 5" in diameter.
- Add the butter to a nonstick pan over medium heat.
- Place the arepas in the pan, and cook about 3 minutes on each side, until a crust forms or until they are golden brown. Split the arepas using a knife as you would do with an English muffin and stuff wit 2 slices of mozzarella cheese.
- Place the stuffed arepas back on the skillet over medium high heat and cook 2 minutes on each side or until the cheese is melted and serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:23.39, Inflammation Score:-5, Nutrition Score:11.972173944764%

Nutrients (% of daily need)

Calories: 406.98kcal (20.35%), Fat: 19.57g (30.1%), Saturated Fat: 10.4g (65.03%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 34.9g (12.69%), Sugar: 1.41g (1.57%), Cholesterol: 54.8mg (18.27%), Sodium: 488.26mg (21.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.65%), Phosphorus: 320.97mg (32.1%), Calcium: 292.89mg (29.29%), Zinc: 3.31mg (22.07%), Vitamin B12: 1.3µg (21.67%), Fiber: 4.98g (19.93%), Selenium: 12.86µg (18.37%), Manganese: 0.36mg (17.85%), Magnesium: 68.93mg (17.23%), Vitamin B6: 0.33mg (16.69%), Vitamin B2: 0.21mg (12.43%), Vitamin B1: 0.18mg (11.75%), Iron: 1.84mg (10.2%), Vitamin A: 499.69IU (9.99%), Copper: 0.15mg (7.36%), Vitamin B3: 1.37mg (6.85%), Potassium: 214.87mg (6.14%), Folate: 22.13µg (5.53%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.41mg (2.75%), Vitamin K: 1.74µg (1.65%), Vitamin D: 0.23µg (1.51%)