

Colombian Arepas

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 cup arepa flour (precooked cornmeal)
- ☐ 0.3 pound ricotta salata grated crumbled
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water

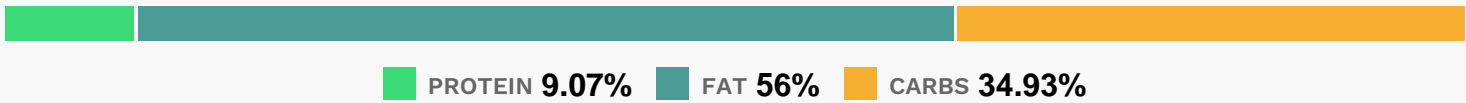
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Toss together arepa flour, cheese, and 1/8 teaspoon salt in a bowl, then stir in water until incorporated.
- ☐ Let stand until enough water is absorbed for a soft dough to form, 1 to 2 minutes (dough will continue to stiffen).
- ☐ Form 3 level tablespoons dough into 1 ball and flatten between your palms, gently pressing to form a 1/4-inch-thick patty (2 1/2 to 2 3/4 inches wide), then gently press around side to eliminate cracks.
- ☐ Transfer to a wax-paper-lined surface. Form more disks with remaining dough in same manner, transferring to wax-paper-lined surface.
- ☐ Heat oil in a large nonstick or cast-iron skillet over medium heat until it shimmers, then fry arepas in 2 batches, turning over once, until deep golden in patches, 8 to 10 minutes total per batch.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:6.99, Inflammation Score:-1, Nutrition Score:2.8278260529041%

Nutrients (% of daily need)

Calories: 113.41kcal (5.67%), Fat: 7.04g (10.84%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.55g (3.47%), Sugar: 0.06g (0.07%), Cholesterol: 5.78mg (1.93%), Sodium: 10.96mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 10.18µg (9.7%), Selenium: 5.88µg (8.4%), Vitamin B1: 0.1mg (6.64%), Folate: 24.24µg (6.06%), Vitamin B2: 0.08mg (4.93%), Manganese: 0.09mg (4.3%), Vitamin B3: 0.75mg (3.75%), Iron: 0.62mg (3.47%), Phosphorus: 31.42mg (3.14%), Vitamin E: 0.47mg (3.11%), Calcium: 26.06mg (2.61%), Zinc: 0.22mg (1.48%), Fiber: 0.34g (1.35%), Copper: 0.02mg (1.21%), Magnesium: 4.23mg (1.06%), Vitamin A: 50.46IU (1.01%)