



Corn and Cheese Arepas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup corn kernels frozen thawed
- 0.3 cup monterrey jack cheese grated
- 0.3 teaspoon salt
- 3 tablespoons butter unsalted melted
- 0.8 cup water boiling ()
- 0.8 cup cornmeal yellow

Equipment

- bowl

frying pan

blender

Directions

Finely grind cornmeal in blender, 1/4 cup at a time.

Transfer to large bowl.

Mix in cheese, 2 tablespoons butter and salt.

Add enough boiling water to mixture to make very thick batter. Stir in corn.

Heat griddle or large skillet over medium heat with some of remaining melted butter. Working in batches and using 1 tablespoon batter for each corn cake, drop batter onto skillet and cook until golden brown and cooked through, about 3 minutes per side.

Serve hot.

Nutrition Facts



PROTEIN 9.62% **FAT 48.87%** **CARBS 41.51%**

Properties

Glycemic Index:3.98, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:0.95913043294264%

Nutrients (% of daily need)

Calories: 40.53kcal (2.03%), Fat: 2.24g (3.45%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.73g (1.36%), Sugar: 0.29g (0.32%), Cholesterol: 5.16mg (1.72%), Sodium: 43.74mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Fiber: 0.56g (2.23%), Phosphorus: 20.66mg (2.07%), Manganese: 0.04mg (1.87%), Vitamin B6: 0.03mg (1.61%), Magnesium: 6.44mg (1.61%), Zinc: 0.22mg (1.45%), Calcium: 12.8mg (1.28%), Vitamin A: 57.85IU (1.16%), Vitamin B1: 0.02mg (1.13%)