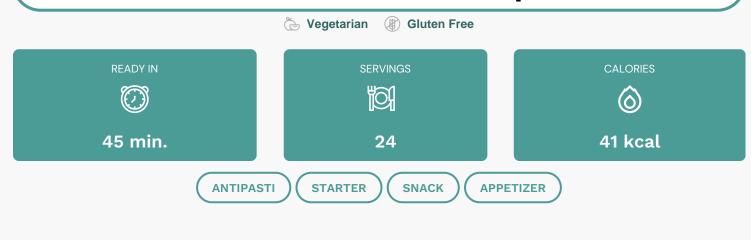


Corn and Cheese Arepas



Ingredients

O./ 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
Di	rections
	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%
	PROTEIN 3.02 /6 FAT 40.07 /6 CARDS 41.31 /6

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%)