



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

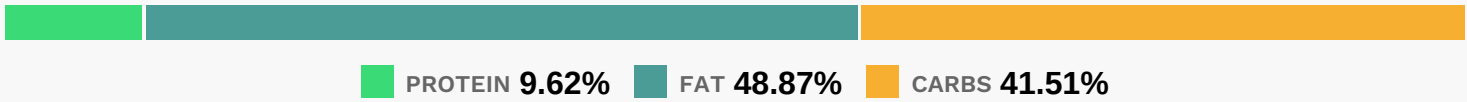
- ☐ bowl

- ☐ 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



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%), Magnesium: 6.44mg (1.61%), Vitamin B6: 0.03mg (1.61%), Zinc: 0.22mg (1.45%), Calcium: 12.8mg (1.28%), Vitamin A: 57.85IU (1.16%), Vitamin B1: 0.02mg (1.13%)