



CORN CAKES WITH CHICKEN AND AVOCADO (AREPAS CON POLLO Y AGUACATE)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



746 kcal

SIDE DISH

Ingredients

- ☐ 2 small avocados
- ☐ 4 chicken breast bone-in , skin on
- ☐ 0.3 teaspoon cumin powder
- ☐ 4 tablespoon cilantro leaves fresh chopped
- ☐ 4 servings ground pepper fresh
- ☐ 4 tablespoons juice of lime
- ☐ 0.5 cup mayonnaise

- ☐ 4 servings olive oil
- ☐ 0.3 cup onions chopped
- ☐ 4 inch round arepas
- ☐ 4 servings salt
- ☐ 0.3 teaspoon sugar

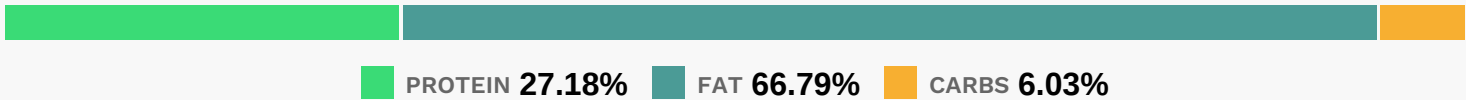
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Make round arepas, 4–5 inches in diameter, cover them with foil and set aside.Preheat the oven to 350° F.
- ☐ Place the chicken breast, skin side up on a baking sheet and brush them with olive oil and sprinkle with salt and pepper. Roast for 40 minutes or until the chicken is cooked trough. Set aside until cool.When the chicken is cool, remove the meat and discard the bones and the skin, shred the chicken meat.In a medium bowl mix together the mayonnaise, cilantro, lime juice, sugar, chopped onions, cumin powder, salt and pepper.
- ☐ Add the chicken and toss well.Peel and slice the avocados, drizzle with lime juice and sprinkle with salt and pepper. To assemble, top each arepa with chicken mixture and top with the avocado slices and serve.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:32.696086702139%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 745.68kcal (37.28%), Fat: 55.75g (85.76%), Saturated Fat: 8.68g (54.25%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.76g (1.95%), Cholesterol: 158mg (52.67%), Sodium: 643.63mg (27.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.05g (102.1%), Vitamin B3: 25.54mg (127.7%), Selenium: 74.17µg (105.96%), Vitamin B6: 1.99mg (99.47%), Vitamin K: 77.2µg (73.52%), Phosphorus: 544.35mg (54.44%), Vitamin B5: 4.72mg (47.16%), Potassium: 1376.15mg (39.32%), Vitamin E: 5.5mg (36.68%), Fiber: 7.01g (28.05%), Folate: 95.85µg (23.96%), Magnesium: 91.76mg (22.94%), Vitamin C: 18.12mg (21.96%), Vitamin B2: 0.37mg (21.9%), Vitamin B1: 0.23mg (15.11%), Zinc: 2.14mg (14.29%), Copper: 0.27mg (13.56%), Manganese: 0.21mg (10.68%), Iron: 1.72mg (9.53%), Vitamin B12: 0.53µg (8.89%), Vitamin A: 269.56IU (5.39%), Calcium: 32.65mg (3.26%), Vitamin D: 0.28µg (1.9%)