



WHATSheATE



Dinner Tonight: Honey-Chipotle Arepas



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



525 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings canola oil
- ☐ 0.5 chipotles in adobo
- ☐ 1 cups cornmeal
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 cup water boiling

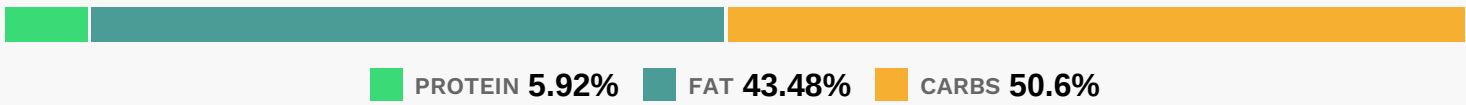
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Mix the cornmeal, salt, boiling water, olive oil, honey, and chipotle in a large bowl. Stir until there are no lumps. If the mixture is too wet add more cornmeal. It should be a solid mass but still sticky. Set the bowl aside for 15 minutes.
- ☐ Dump the mixture out on a large cutting board, and divide into 4 equal sections. Flatten each piece to about 1/2 inch thick using a spatula.
- ☐ Preheat a griddle or a large skillet to medium-high heat.
- ☐ Brush the surface with canola oil.
- ☐ Add the cornmeal mixture and cook until golden brown on each side, about a minute or two.

Nutrition Facts



Properties

Glycemic Index:60.39, Glycemic Load:39.09, Inflammation Score:-4, Nutrition Score:11.230434770007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 525.34kcal (26.27%), Fat: 25.67g (39.5%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 67.23g (22.41%), Net Carbohydrates: 59.36g (21.59%), Sugar: 10.11g (11.23%), Cholesterol: 0mg (0%), Sodium: 591.06mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Fiber: 7.87g (31.48%), Manganese: 0.52mg (25.97%), Vitamin E: 3.75mg (25.01%), Vitamin B6: 0.47mg (23.58%), Magnesium: 86.47mg (21.62%), Phosphorus: 179.29mg (17.93%), Zinc: 2.5mg (16.67%), Vitamin B1: 0.24mg (15.9%), Iron: 2.56mg (14.2%), Vitamin K: 14.35µg (13.67%), Copper: 0.22mg (10.78%), Vitamin B3: 1.98mg (9.88%), Potassium: 261.64mg (7.48%), Selenium: 4.86µg (6.94%), Folate: 27.24µg (6.81%), Vitamin B5: 0.48mg (4.8%), Vitamin B2: 0.08mg (4.58%)