



WHATSheATE



Fried Masa Cakes with Cheese (Arepas de Queso)



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour white (precooked cornmeal)
- ☐ 2.5 cups milk
- ☐ 1 cup mozzarella cheese grated
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup butter unsalted cut into pieces
- ☐ 2 tablespoons vegetable oil

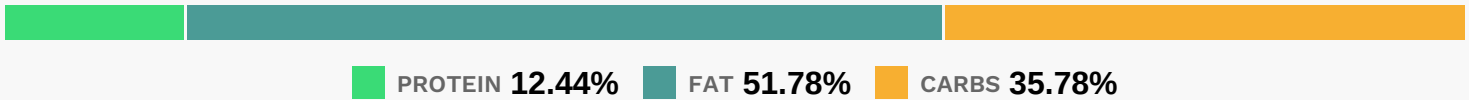
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring milk to a simmer in a small saucepan, then remove from heat and stir in butter.
- ☐ Combine arepa flour, salt, sugar, and mozzarella in a large bowl.
- ☐ Add hot milk and stir until combined.
- ☐ Let mixture stand until milk is absorbed enough for a soft dough to form, 1 to 2 minutes (dough will continue to stiffen).
- ☐ Form dough into 12 balls (about 2 inches in diameter) and flatten between palms into 3 1/2- to 4-inch patties (about 1/3 inch thick).
- ☐ Heat , tablespoon oil in a large nonstick skillet over moderately low heat until hot, then cook 3 or 4 arepas until cooked through and golden in patches, 6 to 8 minutes on each side. Make more arepas in same manner, adding oil as needed.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:10.28, Inflammation Score:-3, Nutrition Score:5.1365217229594%

Nutrients (% of daily need)

Calories: 173.17kcal (8.66%), Fat: 9.97g (15.34%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 15.08g (5.48%), Sugar: 3.58g (3.98%), Cholesterol: 23.64mg (7.88%), Sodium: 272.47mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Calcium: 113.27mg (11.33%), Selenium: 7.9µg (11.29%), Vitamin B2: 0.18mg (10.33%), Vitamin B1: 0.15mg (10.28%), Phosphorus: 102.39mg (10.24%), Vitamin B12: 0.5µg (8.26%), Folate: 29.39µg (7.35%), Manganese: 0.11mg (5.61%), Vitamin A: 263.63IU (5.27%), Vitamin B3: 0.99mg (4.94%), Vitamin K: 4.91µg (4.68%), Vitamin D: 0.67µg (4.45%), Iron: 0.77mg (4.28%), Zinc: 0.6mg (3.97%), Potassium: 101.26mg (2.89%), Magnesium: 11.5mg (2.88%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.35mg (2.32%), Vitamin B6: 0.04mg (2.07%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.25%)