



Grilled Arepas with Farmer's Cheese (or Queso Blanco)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.8 cup chicken stock see
- ☐ 1 cup cornmeal instant
- ☐ 1 cup ears corn fresh thawed
- ☐ 1 ounce manchego cheese grated
- ☐ 0.5 cup fromage frais
- ☐ 1 teaspoon cream sour

☐ 1.5 teaspoons sugar

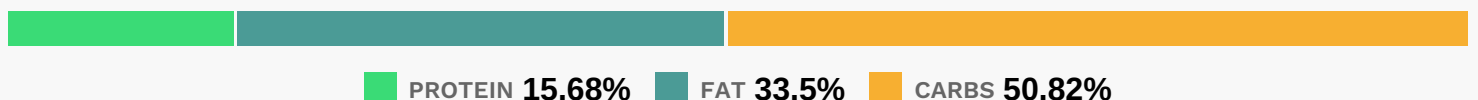
Equipment

- ☐ bowl
- ☐ blender
- ☐ wooden spoon
- ☐ grill
- ☐ kitchen towels

Directions

- ☐ In a blender, process the corn kernels and chicken stock until smooth.
- ☐ Pour the cornmeal into a large bowl. Stir in the sugar and sour cream.
- ☐ Pour in the chicken stock and corn mixture while stirring with your hands or a wooden spoon.
- ☐ Add the grated cheese. Form mixture into a ball. Then separate into 8 pieces.
- ☐ Roll each piece into a ball and then flatten into a pancake about 1/4-inch thick and 2 inches in diameter (but rub your fingers around the edge so that it maintains its thickness). At this point you can cover the arepas with a damp kitchen towel and refrigerate them for up to 1 day before grilling.
- ☐ Light a fire in a charcoal or gas grill.
- ☐ Brush the arepas lightly with the melted butter (for flavor and to prevent sticking). Grill the arepas until golden, about 3 minutes on each side. They should be toasted on the outside, but soft in the middle.
- ☐ Let cool to room temperature. Before serving, top with a spread of the farmer's cheese.
- ☐ From Latin Grill: Sultry and Simple Food for Red-Hot Dinners and Parties by Rafael Palomino with Arlen Gargagliano. Text copyright © 2010 by Rafael Palomino; photographs copyright © 2010 by Dan Goldberg. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:47.15, Glycemic Load:18.34, Inflammation Score:-4, Nutrition Score:7.6252174325611%

Nutrients (% of daily need)

Calories: 302.6kcal (15.13%), Fat: 11.39g (17.52%), Saturated Fat: 5.83g (36.42%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 34.43g (12.52%), Sugar: 5.13g (5.7%), Cholesterol: 26.81mg (8.94%), Sodium: 255.52mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.99%), Fiber: 4.46g (17.85%), Manganese: 0.31mg (15.7%), Vitamin B6: 0.3mg (14.81%), Magnesium: 57.92mg (14.48%), Phosphorus: 135.45mg (13.55%), Vitamin B1: 0.19mg (12.77%), Vitamin B3: 2.34mg (11.68%), Zinc: 1.47mg (9.79%), Calcium: 82.16mg (8.22%), Iron: 1.47mg (8.19%), Potassium: 275.24mg (7.86%), Folate: 31.16µg (7.79%), Copper: 0.14mg (7.02%), Vitamin B2: 0.1mg (5.78%), Selenium: 3.67µg (5.25%), Vitamin B5: 0.5mg (5.04%), Vitamin A: 201.81IU (4.04%), Vitamin C: 2.56mg (3.11%), Vitamin E: 0.27mg (1.81%)