



Hamburguesa de Arepa (Arepa Burger)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cheese
- ☐ 3 garlic cloves finely chopped
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground paprika
- ☐ 4 servings lettuce
- ☐ 4 servings salsa golf
- ☐ 4 servings salt and pepper black

- ☐ 2 scallions finely chopped
- ☐ 4 servings tomatoes
- ☐ 0.5 cup onion white chopped

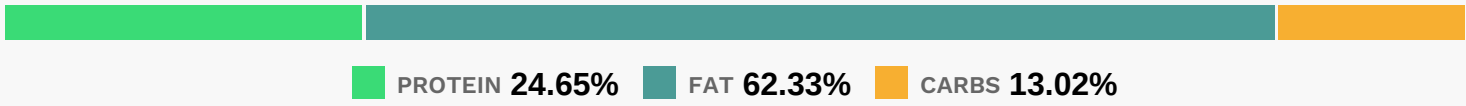
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a large bowl add the ground beef, garlic, scallions, onion, cumin, paprika, salt and pepper.
- ☐ Mix well and refrigerate for about 1 hour. Form 4 patties.
- ☐ Heat a grill or sauté pan and cook the hamburgers for 5 minutes on each side until done.
- ☐ Remove to a plate and cover with aluminum foil. Allow the hamburgers to rest for 5 minutes and serve immediately on arepas with salsa rosada, cheese, lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:26.081739259803%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 479.13kcal (23.96%), Fat: 33.54g (51.6%), Saturated Fat: 14.55g (90.96%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 11.35g (4.13%), Sugar: 8.83g (9.82%), Cholesterol: 110.51mg (36.84%), Sodium: 696.43mg

(30.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.68%), Vitamin A: 2525.54IU (50.51%), Vitamin K: 52.43µg (49.93%), Vitamin B12: 2.74µg (45.75%), Zinc: 6.45mg (42.97%), Phosphorus: 400.91mg (40.09%), Vitamin C: 31.09mg (37.69%), Selenium: 26.35µg (37.65%), Vitamin B6: 0.68mg (34.2%), Vitamin B3: 6.44mg (32.2%), Potassium: 1026.07mg (29.32%), Calcium: 291.22mg (29.12%), Manganese: 0.45mg (22.54%), Vitamin B2: 0.38mg (22.46%), Iron: 3.6mg (19.98%), Folate: 76.12µg (19.03%), Fiber: 4.42g (17.67%), Magnesium: 63.11mg (15.78%), Vitamin E: 2.3mg (15.31%), Vitamin B1: 0.19mg (12.72%), Copper: 0.25mg (12.55%), Vitamin B5: 1.04mg (10.45%), Vitamin D: 0.29µg (1.96%)