



Strawberry Arepas

 Gluten Free

READY IN



39 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- 1 tsp anise seed
- 0.3 cup brown sugar packed
- 2 oz philadelphia cream cheese softened ()
- 1 tsp salt
- 1.5 cups strawberries sliced
- 2.5 cups warm water
- 0.8 cup cool whip whipped topping thawed
- 2 cups cornmeal white (arepa flour)

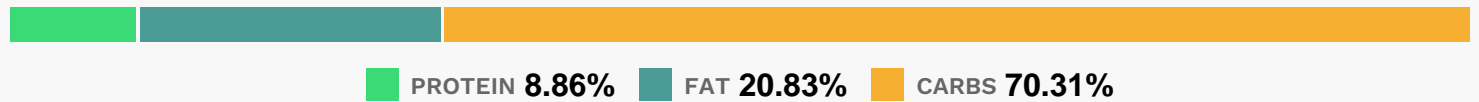
Equipment

- bowl
- frying pan

Directions

- Mix water and salt in large bowl. Gradually stir in cornmeal until blended.
- Add cream cheese, brown sugar and anise seed; mix well.
- Let stand 5 min.
- Divide dough into 6 equal pieces; shape each into ball. Flatten each into 5-inch patty, rounding edge by moistening lightly with water, if necessary.
- Heat griddle to medium-high heat.
- Add patties (arepas); cook 10 to 12 min. on each side or until golden brown on both sides.
- Cut arepas horizontally in half; fill with strawberries and COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:10.148695580337%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 312.55kcal (15.63%), Fat: 7.31g (11.25%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 49.27g (17.92%), Sugar: 13.99g (15.55%), Cholesterol: 9.73mg (3.24%), Sodium: 434.03mg (18.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Vitamin C: 21.24mg (25.75%), Fiber: 6.28g (25.13%), Manganese: 0.5mg (24.86%), Magnesium: 74.85mg (18.71%), Phosphorus: 176mg (17.6%), Vitamin B6: 0.34mg (16.96%), Vitamin B5: 1.43mg (14.33%), Iron: 2.37mg (13.19%), Zinc: 1.86mg (12.38%), Vitamin B1: 0.18mg (11.88%), Potassium: 329.13mg (9.4%), Vitamin B3: 1.66mg (8.31%), Copper: 0.16mg (7.98%), Folate: 26.86µg (6.71%), Vitamin B2: 0.11mg (6.57%), Calcium: 40.48mg (4.05%), Vitamin E: 0.43mg (2.86%), Vitamin A: 139.26IU (2.79%), Selenium: 1.31µg (1.87%), Vitamin K: 1.5µg (1.43%)