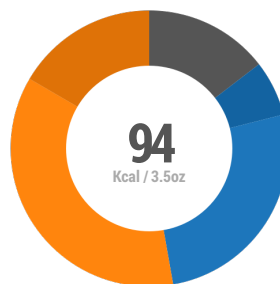


# Arepas w Spicy Black bean

By Ashlyn Housewright

Overview ...

U / 5510750



CALORIES:

**32.7% Carbs**

**14.6% Protein**

**52.8% Fat**

Food Labelling...

US Label values per 3.5oz

Serves 4

|                      | PER 3.5OZ      | %DV | PER 12.5OZ SERVING | %DV |
|----------------------|----------------|-----|--------------------|-----|
| Calories             | <b>90</b> kcal | 5%  | <b>330</b> kcal    | 17% |
| Total Fat            | <b>6</b> g     | 8%  | <b>20</b> g        | 26% |
| <i>Saturated Fat</i> | <b>1.5</b> g   | 8%  | <b>6</b> g         | 30% |
| <i>Trans Fats</i>    | <b>0</b> g     | -   | <b>0</b> g         | -   |
| Cholesterol          | <b>5</b> mg    | 2%  | <b>20</b> mg       | 7%  |
| Sodium               | <b>95</b> mg   | 4%  | <b>330</b> mg      | 14% |
| Total Carbohydrate   | <b>9</b> g     | 3%  | <b>31</b> g        | 11% |
| <i>Dietary Fiber</i> | <b>3</b> g     | 11% | <b>9</b> g         | 32% |
| Total Sugars         | <b>2</b> g     | -   | <b>5</b> g         | -   |
| Added Sugars         | <b>0</b> g     | 0%  | <b>0</b> g         | 0%  |
| Protein              | <b>3</b> g     | 6%  | <b>12</b> g        | 24% |
| Vitamin D            | <b>0</b> ug    | 0%  | <b>0</b> ug        | 0%  |
| Calcium              | <b>60</b> mg   | 4%  | <b>210</b> mg      | 15% |
| Iron                 | <b>0.9</b> mg  | 6%  | <b>3.2</b> mg      | 20% |
| Potassium            | <b>160</b> mg  | 4%  | <b>570</b> mg      | 10% |

CONTAINS:



MILK

Nutrient Breakdown per 3.5oz...

| Energy             | Lipid Components           | Vitamins                             |
|--------------------|----------------------------|--------------------------------------|
| Energy(kcal) 5% RI | Saturated Fat <b>9% RI</b> | <b>1.7g</b> Vitamin A (ret eq) 1% RI |
| Energy(Kj) 5% RI   | Monounsaturated fat        | <b>1.1g</b> Retinol                  |
|                    | <i>cis-Mono</i>            | - Carotene                           |
|                    | Polyunsaturated fat        | <b>2.3g</b> Vitamin D                |
|                    | <i>Omega3(n-3)</i>         | - Vitamin E 1% RI                    |
|                    | <i>Omega6(n-6)</i>         | - Vitamin K <sub>1</sub> 1% RI       |
|                    | <i>cis-Poly</i>            | - Thiamin (B <sub>1</sub> ) 5% RI    |
|                    | Trans-fatty acids          | <b>0g</b>                            |
|                    |                            | <b>8.4ug</b>                         |
|                    |                            | <b>0ug</b>                           |
|                    |                            | -                                    |
|                    |                            | <b>0ug</b>                           |
|                    |                            | <b>0.22mg</b>                        |
|                    |                            | <b>0.87ug</b>                        |
|                    |                            | <b>0.06mg</b>                        |

|                     |       |                                      |        |  |        |
|---------------------|-------|--------------------------------------|--------|--|--------|
| Water from Drinks   | 0g    | Cholesterol 2% RI                    | 5.6mg  | Riboflavin (B <sub>2</sub> ) 1% RI       | 0.02mg |
| Alcohol (0% ABV)    | 0g    | <b>Minerals &amp; trace elements</b> |        | Niacin total (B <sub>3</sub> )           | -      |
| <b>Carbohydrate</b> |       | Sodium 4% RI                         | 94mg   | Niacin 1% RI                             | 0.14mg |
| Starch              | 4.6g  | Potassium 3% RI                      | 161mg  | Tryptophan                               | 26.9mg |
| Oligosaccharide     | -     | Chloride 5% RI                       | 126mg  | Pantothenic Acid (B <sub>5</sub> ) 2% RI | 0.08mg |
| Fiber 9% RI         | 2.6g  | Calcium 4% RI                        | 58mg   | Vitamin B <sub>6</sub> 2% RI             | 0.03mg |
| NSP                 | 0.18g | Phosphorus 3% RI                     | 37.6mg | Folates (B <sub>9</sub> ) Total 10% RI   | 38.1ug |
| Sugars              | 1.5g  | Magnesium 4% RI                      | 18.3mg | Vitamin B <sub>12</sub>                  | 0ug    |
| Glucose             | 0.16g | Iron 5% RI                           | 0.91mg | Biotin (B <sub>7</sub> )                 | -      |
| Galactose           | 0g    | Zinc 3% RI                           | 0.3mg  | Vitamin C 3% RI                          | 2.3mg  |
| Fructose            | 0.1g  | Copper 7% RI                         | 0.06mg | <b>Other</b>                             |        |
| Sucrose             | 0.08g | Manganese 5% RI                      | 0.12mg | GI (estimated)                           | 5      |
| Maltose             | 0g    | Selenium 1% RI                       | 0.38ug | GL                                       | 0.31   |
| Lactose             | 0g    | Iodine                               | -      | Caffeine                                 | 0mg    |

| Recipe Ingredients ...  | Quantity: | Description:      | Cost: |
|---|-----------|-------------------|-------|
| Goya, masarepa, pre-cooked white corn meal - US-B               | 0.0353oz  | NaNx Tbsp         | 0.00  |
| Beverages, water, tap, drinking - US15                          | 8.4oz     | 1 serving 8 fl oz | 0.00  |
| Mazola, corn oil - US-B   | 2oz       | 4x Tbsp           | 0.00  |
| Sea salt, kosher salt - US-B                                    | 0.0115oz  | 1x Tbsp           | 0.00  |
| SLICED POBLANO PEPPERS - US-B                                   | 2.1oz     | 6 PIECES          | 0.00  |
| Onions, raw - US15  | 4.1oz     | 1 cup, sliced     | 0.00  |
| Garlic, raw - US15  | 0.1058oz  | 1 clove           | 0.00  |
| Ground organic cumin - US-B                                     | 0.0062oz  | 1x tsp            | 0.00  |
| Beans, black, mature seeds, cooked, boiled, without salt - US15 | 12.1oz    | 2 cup             | 0.00  |
| NO SALT ADDED DICED TOMATOES IN TOMATO JUICE - US-B             | 14.8oz    | 1.75 cup          | 0.00  |
| Limes, raw - US15   | 2.4oz     | 1 NLEA serving    | 0.00  |
| QUESO FRESCO - US-B   | 4oz       | 4 ONZ             | 0.00  |

TOTAL COST: **0.00**

Products / Pack Sizes ...

**1 Serving**

**Product code**

**Barcode**

**12.5oz / 318kcal**

**Serving per pack**

**Net pack weight**

**0.00 ↗**

**Sale price (0% + 0%)**

Ingredient List (QUID) ...

NO SALT ADDED DICED TOMATOES IN TOMATO JUICE [ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE, CITRIC ACID ], Black Beans, Water, Onions, QUESO FRESCO [PASTEURIZED, WHOLE MILK, SALT, AND ENZYMES ], Limes, SLICED POBLANO PEPPERS [POBLANO PEPPERS, WATER, SUGAR OR HIGH FRUCTOSE CORN SYRUP, SALT, CITRIC ACID AND CALCIUM CHLORIDE ], Mazola, Corn Oil [Corn oil], Garlic, Goya, Masarepa, Pre Cooked White Corn Meal, Sea Salt, Kosher Salt [Sea Salt], Ground Organic Cumin

Cooking Instructions & Notes

- Step 1

Combine masarepa, water and 1/4 teaspoon salt in a medium bowl. Stir until a smooth dough forms. Set aside.

- **Step 2**

Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add poblano and onion; cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in garlic, cumin and the remaining 1/4 teaspoon salt; cook, stirring, until fragrant, about 30 seconds. Stir in beans and tomatoes. Bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until thickened, 15 to 20 minutes. Remove from heat and stir in cilantro and lime juice.

- **Step 3**

Meanwhile, divide the dough into 4 balls and press into disks 4 inches wide and 1/2 inch thick. Heat 1 1/2 tablespoons oil in a large skillet over medium-high heat. Add 2 of the arepas and cook, turning once, until golden brown, 7 to 8 minutes total. Repeat with the remaining 1 1/2 tablespoons oil and dough.

- **Step 4**

Top the arepas with some of the bean mixture and cheese. Garnish with more cilantro and serve with lime wedges, if desired.