



## CHEF JOSE GARCES, CHIFA

www.chifarestaurant.com

### AREPA

#### Ingredients:

- ½ cup white corn flour
- ¼ cup melted butter
- ¼ cup grated Queso Fresco (white cheese)
- 2 cups hot water

#### Directions:

Mix all ingredients by hand to a smooth mixture.

Form round 1/2 inch thick patties

Grill patties on both sides for approximately 2-3 minutes until golden brown, slice it open lengthwise

**Serves 2**

### Nutrition Facts

Serving Size 295 g

Amount Per Serving

Calories 253

Calories from Fat 230

	% Daily Value*
<b>Total Fat</b> 25.5g	39%
<b>Saturated Fat</b> 16.1g	80%
<b>Cholesterol</b> 171mg	0%
<b>Sodium</b> 291mg	12%
<b>Total Carbohydrates</b> 0g	0%
<b>Protein</b> 5.2g	

Vitamin A 16%

Calcium 1%

• Vitamin C 0%

• Iron 0%

\* Based on a 2000 calorie diet

**For more information please visit:**

[WHYY.org/widerhorizons/chefsguide.html](http://WHYY.org/widerhorizons/chefsguide.html)