

# Memelas

Yield: 16 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/black-bean-paste-recipe-mexican>

## Ingredients:

- 2 pounds fresh masa storebought or homemade
- 1/2 cup black bean paste
- 10 ounces queso fresco crumbled
- 1/2 cup guacamole
- salsa you have on hand

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 3 grams
8. Sodium: 125 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Memelas above. You can see more 18 black bean paste recipe mexican Dive into deliciousness! to get more great cooking ideas.