

Arepas De Queso

Yield: 10 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-flan-de-queso-recipe>

Ingredients:

- 2 cups corn meal
- 2 1/2 cups milk or Water
- 2 cups mozzarella cheese
- 1/2 stick melted butter
- salt to taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 35 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 7 grams
8. Sodium: 300 milligrams
9. Sugar: 4 grams

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