



Baked Plantains with Bacon and Cheese (Platanos Asados con Tocineta y Queso)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

Ingredients

- ☐ 4 bacon strips
- ☐ 2 tablespoons butter melted
- ☐ 4 servings cilantro pesto to serve
- ☐ 4 plantains whole ripe
- ☐ 4 slices queso blanco thick

Equipment

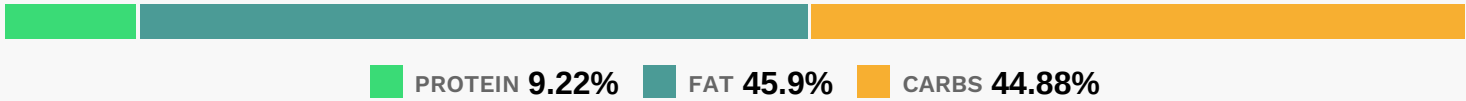
- ☐ oven

baking pan

Directions

- Preheat the oven to 400°, cut the ends of the plantains and peel.
- Place them in a baking dish and brush with the butter, bake for 30 to 40 minutes.
- Remove from the oven and slice the plantains lengthwise but not all the way through, stuff them with cheese slices and wrap with bacon.Return to the oven and bake 10 more minutes until the cheese melts and the bacon is cooked.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:16.901304416035%

Nutrients (% of daily need)

Calories: 503.36kcal (25.17%), Fat: 26.92g (41.41%), Saturated Fat: 11.21g (70.06%), Carbohydrates: 59.21g (19.74%), Net Carbohydrates: 55.92g (20.34%), Sugar: 32.1g (35.67%), Cholesterol: 53.15mg (17.72%), Sodium: 515.71mg (22.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.33%), Vitamin A: 2699.7IU (53.99%), Vitamin K: 52.69µg (50.18%), Vitamin C: 32.94mg (39.92%), Potassium: 938.5mg (26.81%), Vitamin B6: 0.5mg (25.12%), Phosphorus: 190.94mg (19.09%), Magnesium: 72.89mg (18.22%), Calcium: 175.38mg (17.54%), Selenium: 11.99µg (17.13%), Vitamin B2: 0.24mg (13.91%), Manganese: 0.27mg (13.43%), Fiber: 3.28g (13.13%), Vitamin B12: 0.77µg (12.8%), Vitamin B1: 0.18mg (12.04%), Vitamin B3: 2.12mg (10.6%), Folate: 41.57µg (10.39%), Zinc: 1.43mg (9.56%), Copper: 0.14mg (7.24%), Iron: 1.29mg (7.15%), Vitamin B5: 0.71mg (7.07%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.2µg (1.34%)