



BAKED PLANTAINS WITH GUAVA AND CHEESE (PLATANOS ASADOS CON BOCADILLO Y QUESO)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 4 slices guava paste thick
- ☐ 4 slices mozzarella cheese thick
- ☐ 4 plantains very ripe

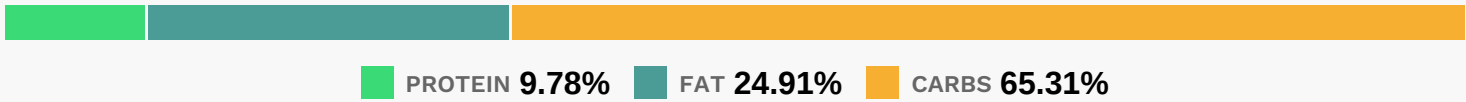
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400°, cut the ends of the plantains and peel.
- ☐ Place them in a baking dish and brushed with the butter, bake for 30 to 40 minutes.
- ☐ Remove from the oven and slice the plantains lengthwise but not go all the way trough, stuff them with the guava paste and cheese slices.Return to the oven and bake 10 more minutes until the cheese melts and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:15.155652105808%

Nutrients (% of daily need)

Calories: 329.15kcal (16.46%), Fat: 9.81g (15.09%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 57.87g (19.29%), Net Carbohydrates: 54.77g (19.92%), Sugar: 31.71g (35.23%), Cholesterol: 29.91mg (9.97%), Sodium: 207.34mg (9.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Vitamin K: 52.47µg (49.98%), Vitamin A: 2307.94IU (46.16%), Vitamin C: 35.22mg (42.69%), Potassium: 898.27mg (25.66%), Vitamin B6: 0.44mg (22.24%), Magnesium: 70.4mg (17.6%), Phosphorus: 158.82mg (15.88%), Calcium: 149.47mg (14.95%), Manganese: 0.27mg (13.39%), Vitamin B2: 0.22mg (12.81%), Fiber: 3.1g (12.39%), Vitamin B12: 0.65µg (10.87%), Selenium: 7.54µg (10.78%), Folate: 41.96µg (10.49%), Vitamin B1: 0.12mg (8.02%), Zinc: 1.17mg (7.82%), Copper: 0.14mg (6.89%), Vitamin B3: 1.24mg (6.22%), Iron: 1.11mg (6.18%), Vitamin B5: 0.59mg (5.85%)