



WHATSheATE



Bandeja Paisa (Paisa Platter)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baked plantains or tajadas de plátano
- ☐ 4 fried eggs sunny side up
- ☐ 4 servings lime and avocado for serving
- ☐ 4 fried pork belly (Chicharrones)

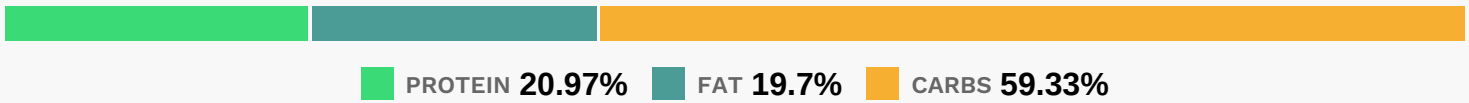
Equipment

- ☐ bowl
- ☐ ladle

Directions

☐ Prepare the beans, hogao and powdered beef one day ahead and keep in the refrigerator. When you are going to serve the bandeja paisa, heat the beans and powdered beef and hogao. Make the chicharrones. Cook the white rice and plantains. Fry the eggs and chorizos. To serve, place the rice in a tray or platter and place the rest of the ingredients as you like. I prefer the beans in a separate bowl, but you can ladle the beans next to the rice if you like. Bring the hogao in a serving dish to the table, so people can place it on top of the beans if they like. Enjoy!

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:19.4, Inflammation Score:-6, Nutrition Score:22.36869566013%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 400.12kcal (20.01%), Fat: 9.33g (14.35%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 63.22g (21.07%), Net Carbohydrates: 45.92g (16.7%), Sugar: 0.28g (0.31%), Cholesterol: 186.4mg (62.13%), Sodium: 1368.54mg (59.5%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 22.34g (44.69%), Fiber: 17.3g (69.2%), Manganese: 1.14mg (56.78%), Phosphorus: 424.26mg (42.43%), Selenium: 28.15µg (40.22%), Copper: 0.7mg (35.24%), Zinc: 5.12mg (34.11%), Iron: 6.11mg (33.93%), Folate: 133.2µg (33.3%), Potassium: 1028.85mg (29.4%), Magnesium: 111.44mg (27.86%), Calcium: 192.08mg (19.21%), Vitamin B2: 0.32mg (18.86%), Vitamin B6: 0.28mg (13.84%), Vitamin B1: 0.18mg (12.3%), Vitamin C: 8.26mg (10.02%), Vitamin B5: 1mg (10.01%), Vitamin B3: 1.44mg (7.19%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin A: 241.6IU (4.83%), Vitamin E: 0.48mg (3.18%)