



Beef 'n Cornbread Wrapped in Banana Leaves

READY IN



40 min.

SERVINGS



40

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz banana leaves
- 8.5 oz corn muffin mix
- 0.5 cup knudsen cream sour
- 0.3 cup olives green chopped
- 1.5 lb ground beef
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.3 cup raisins
- 3 Tbsp tomato paste

Equipment

- frying pan
- oven
- baking pan
- toothpicks
- tongs

Directions

- Preheat oven to 400F.
- Heat dressing in medium skillet on medium-high heat.
- Add meat; cook 3 min. or until evenly browned, stirring occasionally.
- Add tomato paste, raisins and olives; mix well. Reduce heat to medium; simmer 10 min. or until liquid is absorbed, stirring occasionally.
- Meanwhile, prepare corn muffin batter as directed on package; set aside.
- Cut six 10-inch squares from banana leaves; reserve trimmings for later use. Holding 1 of the banana leaves with tongs, quickly pass leaf over gas burner on medium heat several times until pliable. (Do not overheat leaf or it will become brittle.)
- Spread about 1/4 cup of the corn muffin batter into 3-inch square in center of smooth side of banana leaf; top with about 1/3 cup of the meat mixture. Fold over sides and ends of leaf to completely enclose filling. Repeat to make six packets. Tie each packet with a thin strip from the banana leaf trimmings.
- Place on rack in 15x10x1-inch baking pan.
- Bake 20 min. or until wooden toothpick inserted into centers comes out clean. Cool 5 min.
- Serve with the sour cream.

Nutrition Facts

 **PROTEIN 17.4%**  **FAT 55.84%**  **CARBS 26.76%**

Properties

Glycemic Index:2.6, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:2.3791304496319%

Nutrients (% of daily need)

Calories: 80.73kcal (4.04%), Fat: 4.99g (7.68%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.85g (1.76%), Sugar: 1.55g (1.73%), Cholesterol: 13.89mg (4.63%), Sodium: 91.7mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin B12: 0.38µg (6.26%), Phosphorus: 60.34mg (6.03%), Zinc: 0.76mg (5.1%), Vitamin B3: 0.97mg (4.86%), Selenium: 3.09µg (4.41%), Vitamin B6: 0.07mg (3.44%), Iron: 0.55mg (3.04%), Vitamin B2: 0.05mg (2.94%), Vitamin B1: 0.04mg (2.38%), Potassium: 76.94mg (2.2%), Fiber: 0.53g (2.12%), Folate: 7.16µg (1.79%), Magnesium: 5.53mg (1.38%), Manganese: 0.03mg (1.36%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.13mg (1.26%), Copper: 0.02mg (1.21%), Vitamin K: 1.21µg (1.15%), Calcium: 10.62mg (1.06%)