



Canoas (Ripe Plantain "Canoes" Stuffed with Ground Meat)

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.7 pound ground round
- ☐ 1 teaspoon olive oil

- ☐ 0.5 teaspoon oregano dried
- ☐ 8 plantains yellow peeled
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 2 ounces cheddar cheese shredded
- ☐ 2 tablespoons ham smoked lean finely chopped
- ☐ 3 tablespoons tomato sauce
- ☐ 1 teaspoon culantro fresh chopped

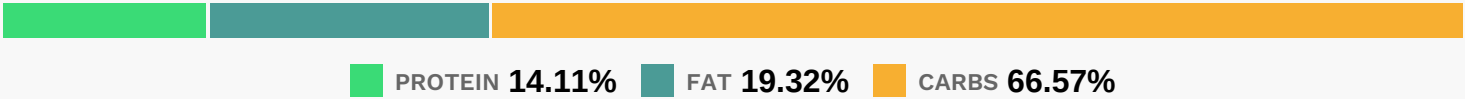
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ To prepare stuffing, heat a large nonstick skillet over medium-high heat.
- ☐ Add salt and beef; cook 2 minutes, stirring to crumble. Stir in bell pepper and next 7 ingredients (through bay leaf); cook 5 minutes or until bell pepper is tender. Discard bay leaf.
- ☐ To prepare plantains, working with one plantain at a time, cut a small portion from the outer curve to make a flat surface. Make a lengthwise cut on the inside curve, being careful not to cut all the way through (plantain will now resemble a canoe). Carefully scoop out about 1 tablespoon of plantain from center cut to allow room for filling. Repeat with remaining plantains.
- ☐ Place plantains on a baking sheet coated with cooking spray.
- ☐ Brush oil evenly over plantains.
- ☐ Sprinkle plantains with 1/4 teaspoon salt and red pepper.
- ☐ Bake at 350 for 25 minutes or until plantains are tender; let cool slightly. Fill each plantain with 1/4 cup stuffing; top each with 1 tablespoon of cheese.
- ☐ Bake an additional 10 minutes or until plantains are tender and cheese melts.

Nutrition Facts



Properties

Glycemic Index:13.31, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:8.6047826240892%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 162.66kcal (8.13%), Fat: 3.74g (5.76%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 27.4g (9.96%), Sugar: 15.81g (17.57%), Cholesterol: 16.72mg (5.57%), Sodium: 113.89mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin K: 26.77µg (25.5%), Vitamin C: 17.74mg (21.5%), Vitamin A: 1072.17IU (21.44%), Vitamin B6: 0.3mg (15%), Potassium: 517.32mg (14.78%), Magnesium: 38.37mg (9.59%), Phosphorus: 85.67mg (8.57%), Zinc: 1.25mg (8.36%), Vitamin B3: 1.6mg (8.01%), Selenium: 5.56µg (7.94%), Vitamin B12: 0.46µg (7.59%), Manganese: 0.15mg (7.3%), Vitamin B2: 0.12mg (6.84%), Fiber: 1.62g (6.5%), Iron: 1.01mg (5.62%), Folate: 22.13µg (5.53%), Copper: 0.09mg (4.56%), Vitamin B1: 0.07mg (4.45%), Vitamin B5: 0.41mg (4.08%), Calcium: 32.49mg (3.25%), Vitamin E: 0.18mg (1.23%)