



Caribbean Pork and Plantain Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound pork tenderloin trimmed cut into 1/2-inch pieces
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1.5 cups onion coarsely chopped
- ☐ 1 teaspoon habanero pepper sauce hot
- ☐ 3 cups plantains yellow chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1.5 tablespoons vegetable oil divided

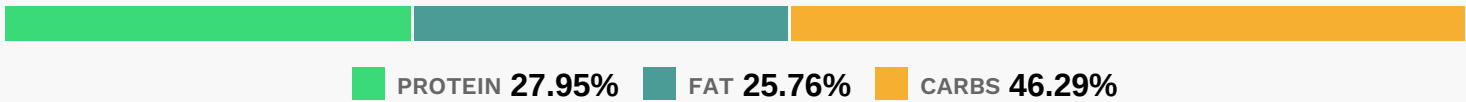
Equipment

- ☐ frying pan

Directions

- ☐ Combine soy sauce, 1/4 teaspoon salt, thyme, and next 4 ingredients (thyme through pork); toss well to coat.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork mixture; saut 4 minutes or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add the remaining 1 tablespoon oil and butter to pan.
- ☐ Add onion, bell pepper, plantains, 1/2 teaspoon salt, and black pepper; cook 6 minutes, stirring occasionally. Stir in garlic; saut 2 minutes or until plantains are tender.
- ☐ Drizzle with hot sauce, and stir well.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:28.031738778819%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg

Nutrients (% of daily need)

Calories: 369.68kcal (18.48%), Fat: 11g (16.92%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 40.63g (14.78%), Sugar: 22.95g (25.5%), Cholesterol: 81.23mg (27.08%), Sodium: 697.9mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.69%), Vitamin B1: 1.26mg (83.96%), Vitamin C: 56.77mg (68.81%), Vitamin B6: 1.36mg (67.82%), Selenium: 37.48µg (53.54%), Vitamin K: 49.01µg (46.67%), Vitamin B3: 8.68mg (43.42%), Phosphorus: 354.16mg (35.42%), Potassium: 1185.01mg (33.86%), Vitamin A: 1557.06IU (31.14%), Vitamin B2: 0.52mg (30.39%), Manganese: 0.46mg (23.09%), Magnesium: 85.38mg (21.34%), Zinc: 2.6mg (17.33%), Fiber: 3.84g (15.35%), Vitamin B5: 1.44mg (14.44%), Iron: 2.39mg (13.27%), Copper: 0.25mg (12.53%), Folate: 42.41µg (10.6%), Vitamin B12: 0.58µg (9.74%), Vitamin E: 0.98mg (6.51%), Calcium: 39.87mg (3.99%), Vitamin D: 0.23µg (1.51%)