



## Cayeye and Cabeza de Gato (Colombian Mashed Green Plantain)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



602 kcal

SIDE DISH

### Ingredients

- ☐ 6 servings avocado
- ☐ 2 tablespoons butter
- ☐ 6 servings cheese grated
- ☐ 6 servings scrambled eggs
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground achiote
- ☐ 1 tablespoon oil

- ☐ 1 cup onion finely chopped
- ☐ 4 plantains green peeled cut into pieces
- ☐ 6 servings salt and pepper to taste
- ☐ 2 scallions finely chopped
- ☐ 2 tomatoes diced

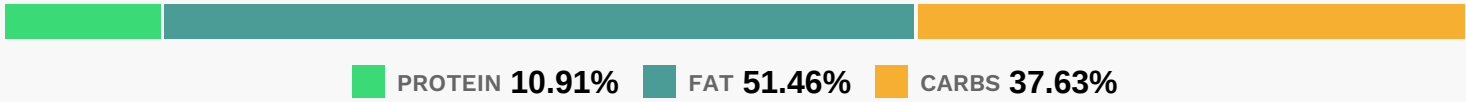
## Equipment

- ☐ frying pan

## Directions

- ☐ Cook the green bananas or green plantains until tender. Strain and mash.In a medium skillet over medium heat place the butter, onion, tomatoes, red bell pepper, garlic and achiote. Cook the mixture for about 7 minutes, and then add to the mashed plantains and set aside.To serve, place some cayeye on a plate and top with fried egg, shredded cheese and diced avocado.

## Nutrition Facts



## Properties

Glycemic Index:40.67, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:25.177391280299%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

## Nutrients (% of daily need)

Calories: 602.35kcal (30.12%), Fat: 35.41g (54.48%), Saturated Fat: 12.01g (75.05%), Carbohydrates: 58.25g (19.42%), Net Carbohydrates: 47.85g (17.4%), Sugar: 5.97g (6.64%), Cholesterol: 203.71mg (67.9%), Sodium: 495.88mg (21.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.78%), Vitamin C: 42.92mg

(52.02%), Fiber: 10.41g (41.62%), Folate: 155.35µg (38.84%), Vitamin B2: 0.6mg (35.54%), Potassium: 1237.47mg (35.36%), Vitamin K: 35.49µg (33.8%), Phosphorus: 335.98mg (33.6%), Selenium: 22.82µg (32.59%), Vitamin B5: 2.91mg (29.06%), Calcium: 268.2mg (26.82%), Vitamin B6: 0.52mg (26.1%), Magnesium: 99.76mg (24.94%), Vitamin A: 1182.9IU (23.66%), Vitamin E: 3.52mg (23.49%), Copper: 0.41mg (20.63%), Manganese: 0.4mg (20.03%), Zinc: 2.68mg (17.84%), Vitamin B1: 0.25mg (16.37%), Iron: 2.52mg (13.98%), Vitamin B3: 2.75mg (13.76%), Vitamin B12: 0.72µg (11.96%), Vitamin D: 1.06µg (7.07%)