

Grilled Plantains



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients



1 teaspoon brown sugar



2 tablespoons butter melted



0.1 teaspoon ground pepper red



6 lime wedges



1.5 pounds plantains black soft unpeeled

Equipment



grill

Directions

- ☐ Prepare grill to medium heat.
- ☐ Cut plantains in half lengthwise.
- ☐ Cut plantain halves in half crosswise.
- ☐ Combine butter, sugar, and pepper; brush evenly over cut sides of plantain sections.
- ☐ Place plantain sections, cut sides up, on grill rack coated with cooking spray; grill 7 minutes or until flesh is soft and skins begin to pull away from the flesh. Turn plantain sections over; grill 3 minutes.
- ☐ Serve warm with lime wedges.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:8.4947825825733%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 179.87kcal (8.99%), Fat: 4.22g (6.5%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 36.3g (13.2%), Sugar: 20.8g (23.1%), Cholesterol: 10.03mg (3.34%), Sodium: 35.1mg (1.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin C: 26.14mg (31.68%), Vitamin K: 33.13µg (31.55%), Vitamin A: 1424.36IU (28.49%), Potassium: 573.45mg (16.38%), Vitamin B6: 0.28mg (14.18%), Magnesium: 42.12mg (10.53%), Fiber: 2.44g (9.77%), Manganese: 0.17mg (8.3%), Folate: 26.58µg (6.64%), Vitamin B2: 0.09mg (5.4%), Vitamin B1: 0.08mg (5.07%), Copper: 0.1mg (4.8%), Iron: 0.74mg (4.11%), Phosphorus: 40.8mg (4.08%), Vitamin B3: 0.8mg (4.02%), Vitamin B5: 0.39mg (3.85%), Selenium: 1.83µg (2.62%), Zinc: 0.24mg (1.6%), Calcium: 11.08mg (1.11%), Vitamin E: 0.16mg (1.07%)