



Grilled Plantains, Pineapple and Chayotes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 6 chayotes--halved lengthwise pitted sliced lengthwise
- ☐ 0.3 cup olive oil
- ☐ 1 large pineapple--peeled cored ripe halved lengthwise sliced
- ☐ 6 plantains black ripe peeled sliced lengthwise ()
- ☐ 12 servings salt

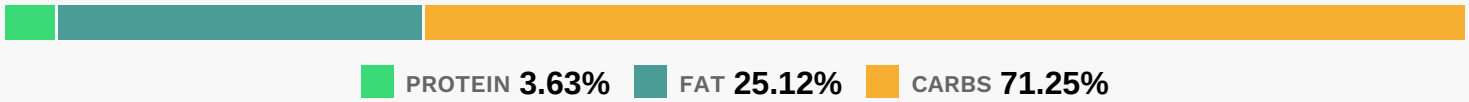
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a charcoal grill or preheat a grill pan.
- ☐ Brush the plantain and chayote slices generously with the olive oil and season the chayotes with salt. Grill the plantains and chayotes, along with the pineapple, over moderately high heat for 3 to 4 minutes per side, or until tender and lightly charred.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:4.89, Glycemic Load:5.18, Inflammation Score:-8, Nutrition Score:13.929999963097%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 212.48kcal (10.62%), Fat: 6.49g (9.98%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 37.71g (13.71%), Sugar: 24.19g (26.87%), Cholesterol: 0mg (0%), Sodium: 199.56mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin C: 57.6mg (69.82%), Manganese: 0.95mg (47.66%), Vitamin K: 32.62µg (31.07%), Folate: 94.64µg (23.66%), Vitamin A: 1055.09IU (21.1%), Vitamin B6: 0.35mg (17.56%), Potassium: 600.67mg (17.16%), Fiber: 3.7g (14.8%), Magnesium: 49.19mg (12.3%), Copper: 0.23mg (11.53%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.11mg (6.55%), Vitamin B3: 1.29mg (6.44%), Vitamin E: 0.96mg (6.39%), Vitamin B5: 0.59mg (5.93%), Iron: 0.97mg (5.39%), Zinc: 0.75mg (5%), Phosphorus: 46.55mg (4.66%), Calcium: 23.89mg (2.39%), Selenium: 1.55µg (2.21%)