



## Grilled Plantains with Cinnamon Ice Cream

 Vegetarian  Gluten Free

READY IN



270 min.

SERVINGS



6

CALORIES



1519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pound brown sugar
- 4 ounces brown sugar
- 8 ounces butter
- 5 cinnamon sticks
- 3 ounces rum dark
- 7 egg yolks
- 0.5 teaspoon ground cinnamon
- 1 tablespoon ground cinnamon

- 3 cups heavy cream
- 6 plantains ripe
- 1 cup sugar
- 1 vanilla pod split
- 1 cup milk whole

## Equipment

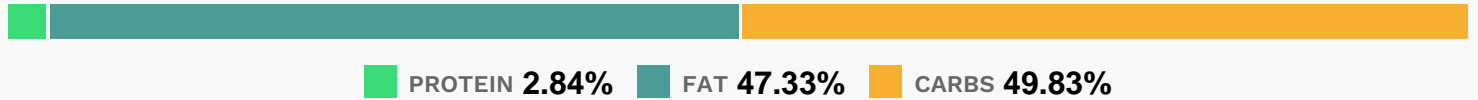
- frying pan
- sauce pan
- whisk
- mixing bowl
- grill
- ice cream machine

## Directions

- Watch how to make this recipe.
- Pre-heat a grill to medium heat.
- Place ripe plantains, with skin on, on grill for 15 minutes, or until skin is dark brown.
- Remove from grill. Slice plantains and peel off skin. Coat each with glaze and return to grill. Grill for 2 more minutes, or until plantains are a golden brown.
- Remove plantains from grill.
- Serve on a plate with cinnamon ice cream.
- In a medium saucepan, melt butter over medium heat.
- Add brown sugar and cinnamon and stir until sugar dissolves.
- Add rum and cook for 2 minutes.
- Remove from heat.
- Combine cream, milk, cinnamon sticks, and brown sugar in a large saucepan over medium heat. Scrape seeds from vanilla bean into the pan and then add whole bean. Bring to a boil, and then remove from heat and let steep for 5 minutes.

- In a medium mixing bowl, whisk sugar and yolks together until pale yellow. Gradually whisk in about 1/3 of the hot cream mixture to temper the eggs. Return the mixture to the saucepan. Stir over medium-low heat until custard thickens, about 4 minutes (do not boil). Strain into a large bowl.
- Whisk in ground cinnamon. Chill until cold, about 3 hours.
- Transfer cold custard to an ice cream maker and process according to the manufacturer's instructions.

## Nutrition Facts



## Properties

Glycemic Index:31.35, Glycemic Load:24.06, Inflammation Score:-10, Nutrition Score:27.420869744342%

## Nutrients (% of daily need)

Calories: 1519.06kcal (75.95%), Fat: 81.39g (125.22%), Saturated Fat: 49.58g (309.85%), Carbohydrates: 192.83g (64.28%), Net Carbohydrates: 187.44g (68.16%), Sugar: 161.92g (179.91%), Cholesterol: 447.42mg (149.14%), Sodium: 335.25mg (14.58%), Alcohol: 4.73g (100%), Alcohol %: 1.1% (100%), Protein: 10.99g (21.98%), Vitamin A: 5098.34IU (101.97%), Vitamin K: 59.65µg (56.81%), Manganese: 1.11mg (55.4%), Vitamin C: 33.82mg (40.99%), Potassium: 1223.41mg (34.95%), Vitamin B2: 0.55mg (32.25%), Vitamin B6: 0.62mg (31.01%), Selenium: 20.64µg (29.48%), Calcium: 293.11mg (29.31%), Phosphorus: 265.52mg (26.55%), Vitamin D: 3.49µg (23.24%), Magnesium: 90.61mg (22.65%), Fiber: 5.39g (21.55%), Folate: 77.14µg (19.29%), Vitamin B5: 1.8mg (18.02%), Vitamin E: 2.64mg (17.58%), Iron: 2.75mg (15.25%), Vitamin B12: 0.88µg (14.73%), Vitamin B1: 0.2mg (13.22%), Copper: 0.23mg (11.34%), Zinc: 1.43mg (9.52%), Vitamin B3: 1.51mg (7.54%)