



WHATSheATE



Grilled Ripe Plantains (Plátanos Maduros a la Parrilla)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 4 plantains black very ripe ()
- ☐ 2 tablespoons apple cider vinegar
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ paper towels
- ☐ sauce pan

- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare the butter glaze
- ☐ Place the butter and sugar in a small saucepan over medium heat and cook until the butter is melted and the sugar is dissolved in it.
- ☐ Add the vinegar and stir well.
- ☐ Remove from the heat and set aside.
- ☐ Prepare, grill, and serve the plantains
- ☐ Heat your grill to high (550°F) and close the lid. Wait at least 15 minutes before lowering the heat to medium-high (450°F) and continuing. Oil the grill grates with a vegetable oil-soaked paper towel held with a long pair of tongs.
- ☐ Slice the unpeeled plantains in half lengthwise and place them cut side down on the grill. Close the lid and cook for 15 minutes. Turn the plantains over and baste the cut sides of the plantains with the butter glaze. Close the lid and continue cooking for another 15 minutes.
- ☐ Brush a bit more glaze on the plantains before removing them from the grill.
- ☐ Serve the plantains in their skins while hot from the grill.
- ☐ Cooking notes
- ☐ Advance preparation
- ☐ You can prepare the butter glaze a few hours in advance. It will thicken when cool and will need to be reheated.
- ☐ Reprinted with permission from Latin Grilling by Lourdes Castro, © 2011 Ten Speed Press, a division of Random House, Inc. A Miami native, Lourdes Castro has served as a personal chef and nutritionist for high-profile clients, such as Cristina Saralegui and professional athletes, and as an associate of the James Beard Foundation. A highly regarded Latin chef and cooking teacher, Castro is the author of Simply Mexican and Eat, Drink, Think in Spanish. She currently teaches food science at New York University and is the director of the Culinary Academy at the Biltmore Hotel in Coral Gables, Florida. Find out more at Lourdescastro.com

Nutrition Facts



 PROTEIN 2.04%  FAT 17.05%  CARBS 80.91%

Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:6.5778260943682%

Nutrients (% of daily need)

Calories: 225.99kcal (11.3%), Fat: 4.57g (7.03%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 47.3g (17.2%), Sugar: 35.69g (39.65%), Cholesterol: 11.29mg (3.76%), Sodium: 10.12mg (0.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin K: 26.14µg (24.9%), Vitamin A: 1142.55IU (22.85%), Vitamin C: 16.47mg (19.96%), Potassium: 467.29mg (13.35%), Vitamin B6: 0.23mg (11.26%), Magnesium: 34.37mg (8.59%), Manganese: 0.15mg (7.58%), Fiber: 1.52g (6.09%), Folate: 20.05µg (5.01%), Vitamin B2: 0.07mg (4.11%), Copper: 0.08mg (3.85%), Vitamin B1: 0.06mg (3.72%), Iron: 0.65mg (3.6%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 31.02mg (3.1%), Vitamin B5: 0.3mg (3.01%), Selenium: 1.65µg (2.35%), Calcium: 21.33mg (2.13%), Zinc: 0.18mg (1.22%)