



Honey-Lime Plantains



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup pumpkinseed kernels unsalted
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 cups plantains frozen sliced
- ☐ 0.3 teaspoon salt

Equipment

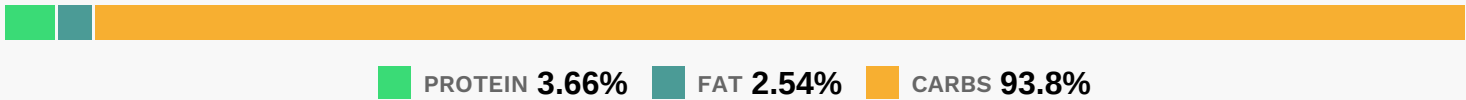
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Place plantains in a large saucepan; add water to just cover. Bring to a boil. Cook 5 minutes or until tender; drain and transfer to large bowl. Stir in pumpkinseed kernels, honey, and salt.
- ☐ Spread mixture on baking pan lined with foil and coated with cooking spray.
- ☐ Bake at 375 for 15 minutes, turning once.
- ☐ Drizzle with juice.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:4.51, Inflammation Score:-7, Nutrition Score:8.1708696458651%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 178.37kcal (8.92%), Fat: 0.56g (0.86%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 44.44g (16.16%), Sugar: 28.78g (31.98%), Cholesterol: 0mg (0%), Sodium: 178.37mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin K: 32.01µg (30.49%), Vitamin C: 22.95mg (27.81%), Vitamin A: 1264.2IU (25.28%), Potassium: 572.88mg (16.37%), Vitamin B6: 0.28mg (13.95%), Magnesium: 42.55mg (10.64%), Manganese: 0.19mg (9.28%), Fiber: 2.21g (8.85%), Folate: 30.44µg (7.61%), Vitamin B2: 0.1mg (5.98%), Vitamin B1: 0.08mg (5.05%), Copper: 0.09mg (4.63%), Vitamin B3: 0.91mg (4.53%), Phosphorus: 43.28mg (4.33%), Vitamin B5: 0.4mg (3.98%), Iron: 0.7mg (3.89%), Selenium: 1.84µg (2.63%), Zinc: 0.28mg (1.89%)