



 **100%**  
HEALTH SCORE

## Our Favorite Piñon

 **Gluten Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**1**

CALORIES



**3886 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz tomato sauce canned
- 2 egg whites
- 2 lb extra-lean ground beef
- 0.3 cup milk fat-free
- 0.3 cup cilantro leaves fresh divided chopped
- 2 cloves garlic minced
- 14.5 oz cut green beans drained canned
- 1 bell pepper green chopped

- 0.3 cup olives green chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 1 small onion chopped
- 2.5 lb plantains ripe
- 2 pkt. seasoning with coriander and annatto
- 7 oz milk mozzarella cheese shredded 2% kraft
- 2 eggs whole

## Equipment

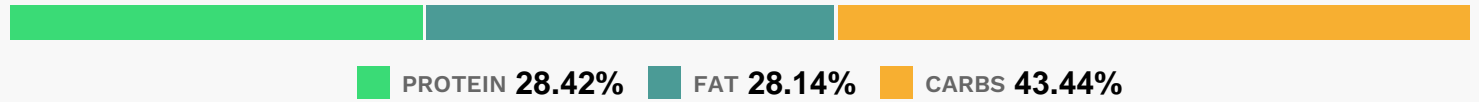
- frying pan
- oven
- knife
- whisk
- baking pan

## Directions

- Heat oven to 350F.
- Cut plantains lengthwise into 1/2-inch-thick slices.
- Heat 2 Tbsp. dressing in large nonstick skillet on medium heat.
- Add half the plantains; cook 1-1/2 min. on each side or until golden brown on both sides.
- Remove from skillet; cover to keep warm. Repeat with 2 Tbsp. of the remaining dressing and remaining plantains.
- Add peppers, onions, olives, garlic, 1/4 cup cilantro and remaining dressing to skillet; cook and stir on medium heat 5 min. or until vegetables are crisp-tender. Stir in meat, tomato sauce and seasoning. Bring to boil, stirring occasionally; simmer on medium-low heat 10 min. or until meat is done, stirring occasionally.
- Layer half each of the plantains, meat mixture, beans and cheese in 13x9-inch baking dish sprayed with cooking spray; repeat layers. Beat whole eggs, egg whites and milk with whisk until blended; pour over ingredients in baking dish. Cover.
- Bake 30 min. or until knife inserted in center comes out clean.

Sprinkle with remaining cilantro.

## Nutrition Facts



### Properties

Glycemic Index:255.25, Glycemic Load:16.52, Inflammation Score:-10, Nutrition Score:91.850869634877%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 6.34mg, Luteolin: 6.34mg, Luteolin: 6.34mg, Luteolin: 6.34mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 30.99mg, Quercetin: 30.99mg, Quercetin: 30.99mg, Quercetin: 30.99mg

### Nutrients (% of daily need)

Calories: 3885.57kcal (194.28%), Fat: 125.89g (193.68%), Saturated Fat: 52.73g (329.54%), Carbohydrates: 437.24g (145.75%), Net Carbohydrates: 398.01g (144.73%), Sugar: 240.46g (267.18%), Cholesterol: 1048.42mg (349.47%), Sodium: 4552.41mg (197.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 286.08g (572.15%), Vitamin K: 599.74µg (571.18%), Vitamin C: 379.21mg (459.64%), Vitamin B12: 26.04µg (433.97%), Vitamin B6: 7.88mg (393.91%), Vitamin A: 19571.02IU (391.42%), Zinc: 57.53mg (383.54%), Selenium: 255.87µg (365.53%), Phosphorus: 3399.72mg (339.97%), Vitamin B3: 64.16mg (320.81%), Potassium: 11142.1mg (318.35%), Vitamin B2: 4.29mg (252.07%), Iron: 38.55mg (214.19%), Magnesium: 843.62mg (210.9%), Manganese: 3.43mg (171.47%), Fiber: 39.23g (156.92%), Calcium: 1538.1mg (153.81%), Folate: 544.21µg (136.05%), Vitamin B5: 13.11mg (131.1%), Copper: 2.39mg (119.31%), Vitamin B1: 1.74mg (115.99%), Vitamin E: 12.75mg (85.01%), Vitamin D: 4.13µg (27.56%)