



Paletas de Plátano Rostizado

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 3 small over-ripe plantain ripe
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 tablespoon rum dark
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 pinch salt

- ☐ 0.8 teaspoon vanilla extract pure
- ☐ 1 cup milk whole

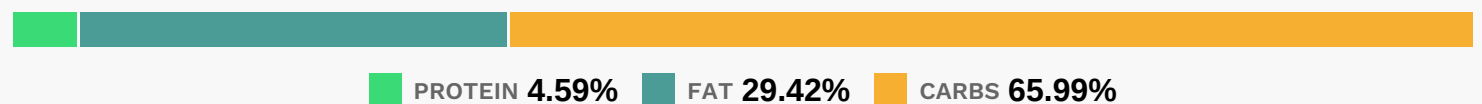
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat the oven to 400°F. Wrap the bananas (with their skins still on) in foil individually. Roast until cooked through and soft (use tongs to test), about 30 minutes for bananas and 40 minutes for plantains.
- ☐ Let sit just until cool enough to handle.
- ☐ Put the flesh in a bowl, discard the peels, and mash the flesh lightly with a fork.
- ☐ Add the brown sugar and granulated sugar and stir until the sugars have dissolved.
- ☐ Put the banana mixture in a blender.
- ☐ Add the milk, cream, vanilla, lemon juice, cinnamon, salt, and rum and blend until smooth.
- ☐ Let cool slightly, then refrigerate until completely chilled.
- ☐ If using conventional molds, divide the mixture among the molds, snap on the lid, and freeze until solid, about 5 hours. If using glasses or other unconventional molds, freeze until the pops are beginning to set (1 1/2 to 2 hours), then insert the sticks and freeze until solid, 4 to 5 hours. If using an instant ice pop maker, follow the manufacturer's instructions.
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Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:6.4121739035067%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 194.61kcal (9.73%), Fat: 6.6g (10.15%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 32.01g (11.64%), Sugar: 23.38g (25.98%), Cholesterol: 20.47mg (6.82%), Sodium: 25.17mg (1.09%), Alcohol: 0.76g (100%), Alcohol %: 0.76% (100%), Protein: 2.32g (4.63%), Vitamin A: 1027.36IU (20.55%), Vitamin K: 19.98µg (19.03%), Vitamin C: 12.69mg (15.38%), Potassium: 398.3mg (11.38%), Vitamin B6: 0.19mg (9.49%), Magnesium: 29.72mg (7.43%), Manganese: 0.15mg (7.38%), Vitamin B2: 0.12mg (7.19%), Phosphorus: 61.49mg (6.15%), Calcium: 57.67mg (5.77%), Fiber: 1.28g (5.1%), Vitamin B1: 0.06mg (4.14%), Folate: 15.57µg (3.89%), Vitamin D: 0.57µg (3.82%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.19µg (3.14%), Selenium: 2.14µg (3.06%), Copper: 0.06mg (2.83%), Iron: 0.46mg (2.54%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.3mg (1.98%), Vitamin E: 0.16mg (1.06%)