



## Pastelon

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 slices oscar mayer bacon chopped
- 8 oz tomato sauce canned
- 2 tsp capers
- 1 bell pepper green chopped
- 4 olives green sliced
- 1 lb ground beef
- 2 Tbsp sofrito sauce with tomato
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft

- 1 onion chopped
- 1.5 lb plantains yellow ripe peeled cut lengthwise into 1/2-inch-thick slices
- 8 oz velveeta cut into 1/2-inch cubes
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## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Heat dressing in large skillet on medium heat.
- Add plantains; cook 3 min. or until golden on both sides, turning after 1-1/2 min.
- Remove from skillet; set aside.
- Cook bacon, onions and peppers in same skillet 8 to 10 min. or just until bacon is crisp and vegetables are crisp-tender, stirring frequently.
- Add ground beef; cook 5 to 7 min. or until done, stirring frequently.
- Drain.
- Add all remaining ingredients except VELVEETA; cook on low heat 5 min. or until mixture is well blended, stirring frequently.
- Layer half each of the plantains, meat filling and VELVEETA in 8-inch square baking dish sprayed with cooking spray. Repeat layers.
- Bake 30 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:5.47, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:7.5773912072182%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 185.74kcal (9.29%), Fat: 10.35g (15.92%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15.99g (5.82%), Sugar: 9.66g (10.73%), Cholesterol: 27.28mg (9.09%), Sodium: 220.02mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.53%), Vitamin C: 16.34mg (19.81%), Vitamin K: 15.83µg (15.07%), Vitamin B6: 0.27mg (13.69%), Vitamin A: 616.05IU (12.32%), Vitamin B12: 0.69µg (11.52%), Potassium: 391.67mg (11.19%), Vitamin B3: 2.14mg (10.7%), Selenium: 7.16µg (10.23%), Zinc: 1.51mg (10.08%), Phosphorus: 83.12mg (8.31%), Magnesium: 26.62mg (6.66%), Iron: 1.07mg (5.97%), Vitamin B2: 0.1mg (5.93%), Manganese: 0.11mg (5.27%), Fiber: 1.3g (5.2%), Vitamin B1: 0.08mg (5.17%), Copper: 0.08mg (4.19%), Vitamin B5: 0.4mg (4.01%), Folate: 15.74µg (3.93%), Vitamin E: 0.5mg (3.31%), Calcium: 12.76mg (1.28%)