



Patacones con Carne Desmechada (Fried Green Plantains with Shredded Beef)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups guacamole ([recipe here](#))
- ☐ 0.5 cup mozzarella cheese grated

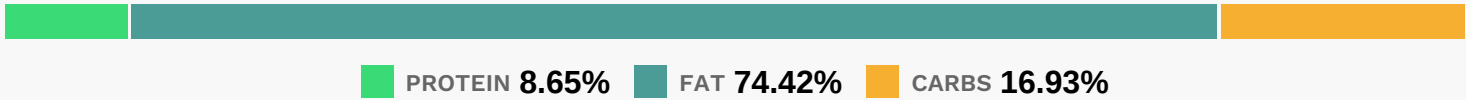
Equipment

Directions

- ☐
- Spread the guacamole on the patacones.

☐☐

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:4.8991304286148%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 96.89kcal (4.84%), Fat: 8.6g (13.24%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.39g (0.43%), Cholesterol: 4.42mg (1.47%), Sodium: 38.8mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Fiber: 3.36g (13.44%), Vitamin K: 11.87µg (11.3%), Folate: 41.14µg (10.28%), Potassium: 248.84mg (7.11%), Vitamin B5: 0.7mg (7.05%), Vitamin E: 1.06mg (7.04%), Vitamin B6: 0.13mg (6.56%), Vitamin C: 5.11mg (6.19%), Copper: 0.1mg (4.83%), Vitamin B2: 0.08mg (4.79%), Phosphorus: 46.02mg (4.6%), Vitamin B3: 0.88mg (4.4%), Magnesium: 15.72mg (3.93%), Manganese: 0.07mg (3.72%), Calcium: 34.55mg (3.45%), Zinc: 0.49mg (3.24%), Vitamin A: 137.85IU (2.76%), Vitamin B1: 0.04mg (2.36%), Vitamin B12: 0.13µg (2.13%), Iron: 0.31mg (1.7%), Selenium: 1.16µg (1.65%)