



Plantain “Banana” Split



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



255 kcal

SIDE DISH

Ingredients



2 tablespoon canola oil organic



1 ounce pecan halves



1 ounce vanilla bean ice cream as needed

Equipment



bowl



frying pan



baking sheet



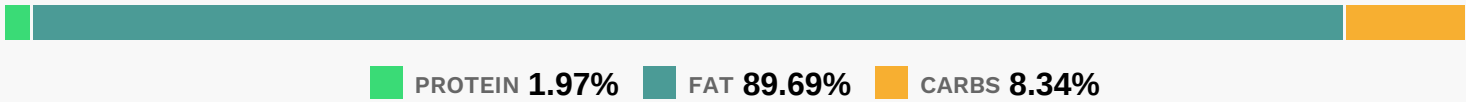
oven

- ☐ double boiler
- ☐ stove
- ☐ microwave

Directions

- ☐ Slice plantains and fry in a large skillet in butter or oil till soft, brown and caramelized, or roast them with oil in the oven on a baking sheet at 400 degrees, turning once. Toast the pecans in the oven for a few minutes until brown but not burnt. When the plantains are done, set aside.
- ☐ Heat the chocolate in a small bowl in the microwave on low in 30-second increments until soft and oozing, or cook on stove in double boiler. Stir chocolate. Assemble plantain slices in two bowls or plates with a scoop of ice cream, and drip the chocolate sauce over ice cream, then sprinkle with pecan pieces. Eat, then lick bowl in other room.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:4.4943477757599%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg

Nutrients (% of daily need)

Calories: 255.02kcal (12.75%), Fat: 26.33g (40.51%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.15g (1.51%), Sugar: 0.56g (0.63%), Cholesterol: 0mg (0%), Sodium: 0mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Manganese: 0.64mg (31.89%), Vitamin E: 2.65mg (17.66%), Vitamin K: 10.48µg (9.98%), Copper: 0.17mg (8.5%), Vitamin B1: 0.09mg (6.24%), Fiber: 1.36g (5.44%), Magnesium: 17.15mg (4.29%), Zinc: 0.64mg (4.28%), Phosphorus: 39.26mg (3.93%), Iron: 0.36mg (1.99%), Potassium: 58.12mg (1.66%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.12mg (1.22%), Vitamin B2: 0.02mg (1.08%)