



PLANTAIN CAKE (TORTA DE PLATANO MADURO)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 eggs beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 cups guava paste
- ☐ 0.5 cup milk
- ☐ 0.5 cup mozzarella cheese grated for topping
- ☐ 4 large plantains very ripe
- ☐ 1 teaspoon sugar

☐ 1.5 cups vegetable oil for frying

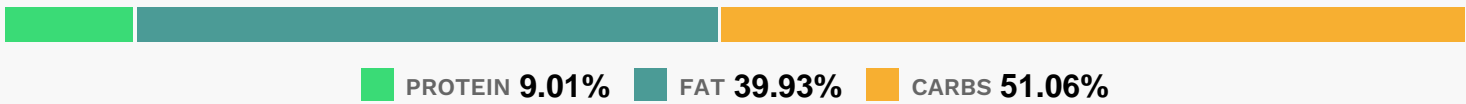
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Peel the plantains and cut them into thin strips about ¼” in thickness. Preheat the oven to 350° f.In a deep skillet, add vegetable oil.
- ☐ Heat oil over medium-high heat.
- ☐ Add the plantain slices and fry for approximately 2 minutes, stirring and turning occasionally.
- ☐ Remove the plantains using a slotted spoon and transfer them to a plate lined with paper towels to absorb excess oil and set aside.In a medium bowl, combine milk, beaten eggs, sugar, cinnamon, guava paste, cheese cubes and fried plantain.
- ☐ Mix well.
- ☐ Pour mixture into a greased baking pan, sprinkle grated cheese on top and bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:13.079130286756%

Nutrients (% of daily need)

Calories: 212.27kcal (10.61%), Fat: 10g (15.39%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 25.76g (9.37%), Sugar: 16.57g (18.41%), Cholesterol: 54.99mg (18.33%), Sodium: 62.03mg (2.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 88.42mg (107.17%), Vitamin K: 33.73µg (32.12%), Vitamin A: 1144.05IU (22.88%), Potassium: 527.3mg (15.07%), Fiber: 3.03g (12.1%), Vitamin B6: 0.24mg (12.08%), Folate: 38.52µg (9.63%), Vitamin B2: 0.16mg (9.45%), Phosphorus: 94.43mg (9.44%), Magnesium: 37.23mg (9.31%), Selenium: 6.51µg (9.3%), Manganese: 0.17mg (8.36%), Copper: 0.14mg (6.97%), Vitamin E: 0.93mg (6.22%), Vitamin B5: 0.62mg (6.2%), Calcium: 59.27mg (5.93%), Vitamin B1: 0.08mg (5.35%), Vitamin B12: 0.31µg (5.18%), Vitamin B3: 0.87mg (4.33%), Iron: 0.74mg (4.12%), Zinc: 0.6mg (3.98%), Vitamin D: 0.42µg (2.8%)