



Plantain Mash with Bacon

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



635 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon minced
- ☐ 0.5 cup chicken stock see
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon coarse ground pepper black
- ☐ 1.3 cups heavy cream
- ☐ 1 onion minced
- ☐ 4 to 5 plantains ripe roughly chopped
- ☐ 1 teaspoons salt

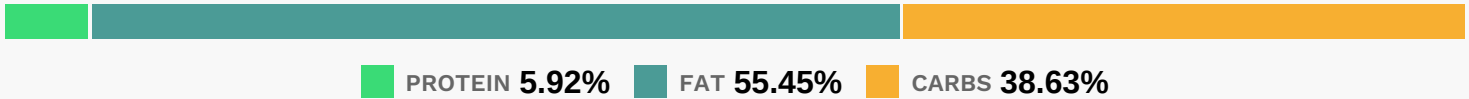
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat and add the onion, garlic and bacon. Cook until the bacon is crisp, about 12 to 15 minutes. Stir in the stock and 1 cup of the heavy cream. Reduce the heat to medium-low and add the plantains. Simmer the mixture until the plantains are tender, about 5 to 8 minutes.
- ☐ Add the remaining 1/4 cup of heavy cream and the salt and pepper. Mash together until well combined.
- ☐ Transfer to a serving bowl and serve.
- ☐ Add a little more stock if the mash is too dry.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:18.894782626111%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 634.9kcal (31.75%), Fat: 40.99g (63.06%), Saturated Fat: 21.61g (135.07%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 60.57g (22.02%), Sugar: 35.16g (39.07%), Cholesterol: 106.72mg (35.57%), Sodium: 871.51mg (37.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.68%), Vitamin A: 3132.59IU (62.65%), Vitamin K: 54.95µg (52.34%), Vitamin C: 36.1mg (43.76%), Potassium: 1094.16mg (31.26%), Vitamin B6: 0.62mg (31.23%), Vitamin B2: 0.34mg (19.92%), Manganese: 0.4mg (19.82%), Magnesium: 78.93mg (19.73%), Selenium: 12.66µg (18.08%), Phosphorus: 167.86mg (16.79%), Vitamin B1: 0.24mg (16.31%), Vitamin B3: 3.1mg (15.52%), Fiber: 3.68g (14.72%), Folate: 49.22µg (12.31%), Copper: 0.19mg (9.73%), Vitamin B5: 0.96mg (9.63%),

Vitamin D: 1.32µg (8.81%), Iron: 1.4mg (7.79%), Calcium: 69.53mg (6.95%), Zinc: 1.03mg (6.85%), Vitamin E: 0.85mg (5.65%), Vitamin B12: 0.28µg (4.73%)