



Plantains in Temptation Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SAUCE

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons lime rind grated
- ☐ 1 pound plantains black 1-inch-thick divided soft ()
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vegetable oil divided

☐ 0.8 cup water

Equipment

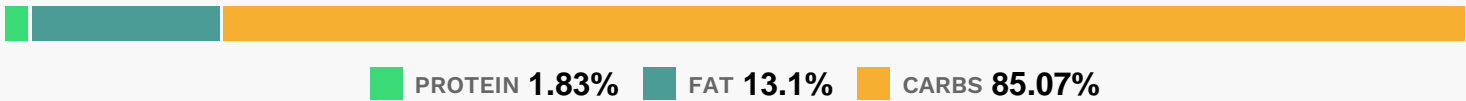
☐ frying pan

☐ sauce pan

Directions

- ☐ To prepare plantains, heat 1 teaspoon oil in a medium skillet coated with cooking spray over medium heat.
- ☐ Add 1 cup plantains; cook 2 minutes on each side or until golden brown.
- ☐ Remove plantains; repeat procedure with 1 teaspoon oil and remaining plantains. Set aside.
- ☐ To prepare the sauce, place sugar in a heavy saucepan over medium heat; cook until sugar dissolves, stirring as needed to dissolve sugar evenly (about 9 minutes).
- ☐ Combine water and vinegar; carefully add vinegar mixture to sugar, stirring constantly (the mixture will bubble vigorously). Cook for 2 minutes or until sugar dissolves.
- ☐ Add 1 1/2 teaspoons rind, cinnamon, and cloves; increase heat to medium-high. Cook 25 minutes or until mixture is reduced to 1 cup. Stir in plantains; cook for 2 minutes or until heated thoroughly, spooning sauce over plantains. Stir in butter, and heat until melted.
- ☐ Garnish with 1/2 teaspoon rind.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:15.14, Inflammation Score:-5, Nutrition Score:4.5582608187004%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 185.83kcal (9.29%), Fat: 2.81g (4.33%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 40g (14.54%), Sugar: 32.23g (35.81%), Cholesterol: 3.76mg (1.25%), Sodium: 20.52mg (0.89%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin K: 18.69µg (17.8%), Vitamin A: 685.52IU (13.71%), Vitamin C: 10.59mg (12.83%), Manganese: 0.19mg (9.75%), Potassium: 305.92mg (8.74%), Vitamin B6: 0.14mg (6.91%), Magnesium: 23.88mg (5.97%), Fiber: 1.13g (4.53%), Folate: 12.6µg (3.15%), Iron: 0.53mg (2.92%), Vitamin B2: 0.05mg (2.8%), Copper: 0.05mg (2.72%), Vitamin B1: 0.04mg (2.37%), Phosphorus: 23.42mg (2.34%), Vitamin B3: 0.39mg (1.94%), Vitamin B5: 0.17mg (1.74%), Selenium: 0.99µg (1.42%), Calcium: 12.49mg (1.25%)