



Plantains with Balsamic-Basil Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons honey
- ☐ 2 pounds plantains black soft peeled
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons stick margarine melted

Equipment

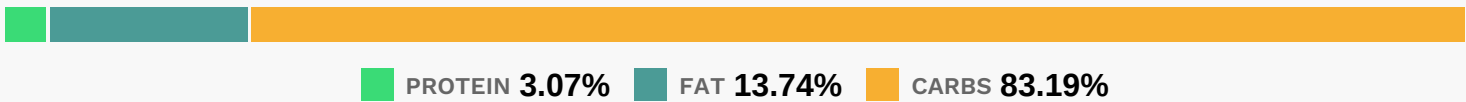
- ☐ bowl

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place vinegar in a small saucepan. Bring to a boil; cook until reduced to 1/4 cup (about 7 minutes).
- ☐ Combine vinegar, butter, honey, basil, and salt in a small bowl.
- ☐ Place plantains on grill rack coated with cooking spray; grill 10 minutes or until tender, turning and basting frequently with vinegar mixture.
- ☐ Cut plantains in half diagonally.

Nutrition Facts



Properties

Glycemic Index:21.53, Glycemic Load:4.97, Inflammation Score:-8, Nutrition Score:8.3621739665775%

Nutrients (% of daily need)

Calories: 209.05kcal (10.45%), Fat: 3.38g (5.19%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 44.03g (16.01%), Sugar: 28.92g (32.14%), Cholesterol: 0mg (0%), Sodium: 192.3mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin K: 34.73µg (33.08%), Vitamin A: 1440IU (28.8%), Vitamin C: 20.99mg (25.44%), Potassium: 593.74mg (16.96%), Vitamin B6: 0.28mg (13.84%), Magnesium: 45.19mg (11.3%), Manganese: 0.22mg (10.77%), Fiber: 1.95g (7.79%), Folate: 25.43µg (6.36%), Vitamin B2: 0.09mg (5.29%), Iron: 0.89mg (4.96%), Copper: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.72%), Phosphorus: 43.68mg (4.37%), Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.35mg (3.48%), Selenium: 1.74µg (2.49%), Zinc: 0.26mg (1.71%), Calcium: 14.41mg (1.44%)