



## Plantains with Caviar and Black Bean Puree

READY IN



120 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup enough to fill a skillet to a depth of 1 inch
- ☐ 2 tablespoon golden caviar
- ☐ 2 tablespoon caviar black
- ☐ 0.5 cup black beans dried
- ☐ 3 ounces ham hock
- ☐ 2 cup water

### Equipment

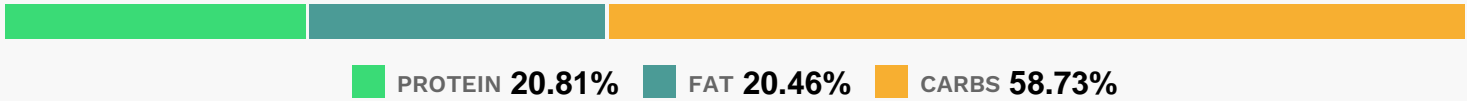
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ chefs knife
- ☐ cleaver

## Directions

- ☐ PLANTAINS AND CAVIAR
- ☐ Heat oil in a medium skillet over medium heat to 375 degrees.
- ☐ Add plantain slices, in batches if necessary, without crowding the skillet. Fry until lightly golden, about two minutes.
- ☐ Remove with a slotted spoon and repeat until all slices are fried. Using the side of a cleaver or large chefs knife, gently flatten the slices to a thickness of 3/8 inch. (Can be prepared to this point up to 8 hours in advance and kept covered on a plate at room temperature.) Re-fry slices until golden, another 2-3 minutes.
- ☐ Remove with slotted spoon and drain on paper towels.To serve, arrange 3 to 4 plantain slices on each plate. Spoon sour cream, black bean puree, and black and golden caviar over slices.
- ☐ Garnish with slices of red onion.BLACK BEAN PUREECook carrot, onion, ham hock, black beans, thyme and water in a small pot over low heat, covered until beans are soft, 1 to 1 ½ hours.
- ☐ Drain. Discard ham hock and any water.Puree beans in a processor until smooth, with slight chunks. Prepare beans no more than one day in advance. Reheat, in the top of a double-boiler for 20 minutes, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:10.029565336912%

## Flavonoids

Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg Delphinidin: 2.99mg, Delphinidin: 2.99mg, Delphinidin: 2.99mg, Delphinidin: 2.99mg Malvidin: 1.72mg, Malvidin: 1.72mg, Malvidin: 1.72mg, Malvidin: 1.72mg

1.72mg

Nutrients (% of daily need)

Calories: 265.33kcal (13.27%), Fat: 6.01g (9.25%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 35.11g (12.77%), Sugar: 2.81g (3.12%), Cholesterol: 78.17mg (26.06%), Sodium: 1198.29mg (52.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.53%), Vitamin B12: 2.13µg (35.56%), Vitamin B1: 0.44mg (29.45%), Folate: 77.11µg (19.28%), Iron: 3.2mg (17.77%), Magnesium: 60.43mg (15.11%), Fiber: 3.74g (14.94%), Vitamin B2: 0.22mg (13.15%), Vitamin B3: 2.3mg (11.5%), Potassium: 385.01mg (11%), Selenium: 7.5µg (10.72%), Phosphorus: 94.88mg (9.49%), Manganese: 0.18mg (8.84%), Copper: 0.16mg (8.02%), Calcium: 54.42mg (5.44%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.08mg (4.02%), Vitamin D: 0.31µg (2.06%), Vitamin A: 99.28IU (1.99%), Vitamin E: 0.24mg (1.57%)