



Platanos Asados con Coco (Coconut Baked Plantains)



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon butter
- ☐ 0.3 cup coconut or shredded sweet
- ☐ 1 cup coconut milk
- ☐ 1 pinch ground cinnamon
- ☐ 4 plantains very ripe

Equipment

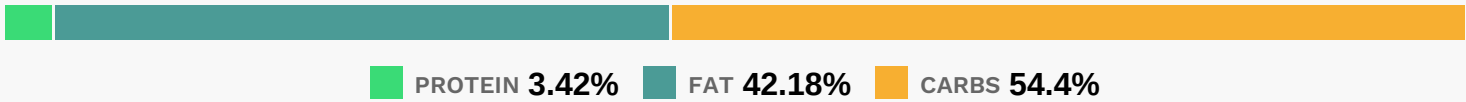
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat the oven to 350°, cut the ends of the plantains and peel.
- ☐ Place them in a baking dish and brush with the butter.
- ☐ Sprinkle with the cinnamon and add the coconut milk, then sprinkle with coconut.
- ☐ Bake for 25 to 30 minutes.
- ☐ Serve warm as a side dish.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:15.82739142037%

Nutrients (% of daily need)

Calories: 403.6kcal (20.18%), Fat: 20.59g (31.68%), Saturated Fat: 16.27g (101.66%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 56.08g (20.39%), Sugar: 31.75g (35.27%), Cholesterol: 15.05mg (5.02%), Sodium: 60.85mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin K: 52.07µg (49.59%), Vitamin A: 2197.78IU (43.96%), Vitamin C: 33.72mg (40.88%), Manganese: 0.8mg (40.02%), Potassium: 1021.66mg (29.19%), Magnesium: 92.73mg (23.18%), Vitamin B6: 0.45mg (22.64%), Iron: 3.02mg (16.76%), Fiber: 3.67g (14.68%), Copper: 0.29mg (14.38%), Folate: 49.24µg (12.31%), Phosphorus: 120.77mg (12.08%), Vitamin B1: 0.13mg (8.54%), Vitamin B2: 0.14mg (8.22%), Vitamin B3: 1.6mg (8.01%), Vitamin B5: 0.65mg (6.51%), Zinc: 0.74mg (4.91%), Selenium: 3.43µg (4.9%), Calcium: 18.65mg (1.87%), Vitamin E: 0.18mg (1.2%)