



Plátanos Maduros Rellenos de Carne (Ripe Plantains Stuffed with Meat)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 4 servings cilantro leaves fresh
- ☐ 4 slices mozzarella cheese
- ☐ 4 plantains ripe

Equipment

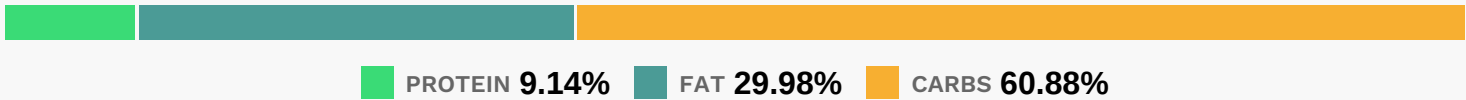
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Pre-heat oven to 400 F.Peel the plantains, place them on a baking sheet and rub them with butter.ake the plantains for 20 minutes, then turn them and bake for another 15 minutes or until golden on both sides.Meanwhile, make the filling: In a medium pan, heat the olive oil over medium-low heat.
- ☐ Add the and cook onion until soft.
- ☐ Add the chopped garlic and cook until almost golden.
- ☐ Add the cumin, salt and pepper.
- ☐ Add the ground beef, beef broth and tomato sauce. Cook for about 20 more minutes.
- ☐ Remove the plantains from the oven, make a horizontal slit on the middle of each plantain, and stuff them with the meat mixture.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:15.142608570016%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 353.59kcal (17.68%), Fat: 12.64g (19.44%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 54.68g (19.88%), Sugar: 31.62g (35.14%), Cholesterol: 37.43mg (12.48%), Sodium: 229.87mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin K: 53µg (50.48%), Vitamin A: 2395.91IU (47.92%), Vitamin C: 32.96mg (39.96%), Potassium: 895.46mg (25.58%), Vitamin B6: 0.44mg (22.2%), Magnesium: 70.27mg (17.57%), Phosphorus: 159.31mg (15.93%), Calcium: 150.2mg (15.02%), Manganese: 0.27mg (13.33%), Vitamin B2: 0.22mg (12.87%), Fiber: 3.05g (12.18%), Vitamin B12: 0.66µg (10.97%), Selenium: 7.57µg (10.82%), Folate: 41.64µg (10.41%), Vitamin B1: 0.12mg (7.99%), Zinc: 1.17mg (7.83%), Copper: 0.14mg (6.79%), Iron: 1.11mg (6.18%), Vitamin B3: 1.24mg (6.18%), Vitamin B5: 0.59mg (5.85%), Vitamin E: 0.22mg (1.46%)