



Puerto Rican Shepherd Pie (Pastelon)

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch adobo seasoning to taste
- 4 eggs beaten
- 1 bunch cilantro leaves fresh
- 1 bunch parsley fresh
- 3 cloves garlic
- 30 ounce green beans drained canned
- 1 bell pepper green cut into chunks
- 1 pound ground beef

- 8 servings ground pepper black to taste
- 8 servings olive oil
- 1 onion cut into chunks
- 8 plantains ripe peeled
- 1.4 ounce sazon seasoning

Equipment

- bowl
- frying pan
- oven
- blender
- baking pan

Directions

- Place the onion, bell pepper, parsley, cilantro, recao, garlic, and water into a blender. Cover, and puree until smooth.
- Pour mixture into a bowl; cover and refrigerate until ready to use.
- Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Stir in 2 tablespoons of sofrito into the beef, then season with sazon, pepper, and adobo.
- Drain and discard any excess grease; set aside.
- Preheat an oven to 350 degrees F (175 degrees C).
- Heat a skillet over medium heat. Arrange the plantains in the skillet and pan fry until golden and softened, 3 to 5 minutes.
- Remove from heat.
- Layer half of the plantains in a deep baking dish, making sure to cover the entire bottom of the dish.
- Pour 4 beaten eggs over the plantains, then spread the beef on top.
- Layer the green beans over the beef, then arrange the remaining plantains on top.
- Pour 4 more beaten eggs evenly over the plantains.

- Sprinkle the top with adobo seasoning.
- Bake in the preheated oven until the eggs are firm, 30 to 45 minutes.

Nutrition Facts

PROTEIN 11.67% **FAT 42.93%** **CARBS 45.4%**

Properties

Glycemic Index:26.75, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:30.301739423171%

Flavonoids

Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 563.81kcal (28.19%), Fat: 28.4g (43.7%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 67.58g (22.53%), Net Carbohydrates: 60.86g (22.13%), Sugar: 35.89g (39.88%), Cholesterol: 122.1mg (40.7%), Sodium: 538.41mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.75%), Vitamin K: 228.07µg (217.21%), Vitamin C: 68.98mg (83.61%), Vitamin A: 3598.69IU (71.97%), Vitamin B6: 0.88mg (43.79%), Potassium: 1376.41mg (39.33%), Manganese: 0.58mg (29.12%), Magnesium: 110.44mg (27.61%), Selenium: 18.83µg (26.91%), Fiber: 6.71g (26.85%), Vitamin B2: 0.45mg (26.41%), Folate: 104.38µg (26.09%), Phosphorus: 244.33mg (24.43%), Vitamin B12: 1.41µg (23.49%), Iron: 4.21mg (23.4%), Vitamin B3: 4.6mg (22.99%), Zinc: 3.39mg (22.58%), Vitamin E: 3.05mg (20.36%), Vitamin B1: 0.26mg (17.02%), Vitamin B5: 1.47mg (14.72%), Copper: 0.29mg (14.45%), Calcium: 85.01mg (8.5%), Vitamin D: 0.5µg (3.31%)