



Puré de Frijol y Plátano Maduro (Bean and Ripe Plantain Puree)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 0.5 cup coconut milk
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 tablespoon olive oil
- ☐ 4 plantains very ripe peeled cut into pieces
- ☐ 2 cup beans red cooked
- ☐ 4 servings salt and pepper
- ☐ 2 tomatoes diced
- ☐ 0.5 cup onion diced white

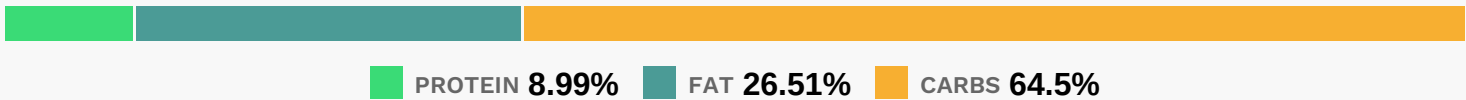
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ In a large saucepan over medium heat, combine the plantains and stock or broth.Cook for 15 minutes, or until the plantains are very tender.
- ☐ Drain in a strainer, reserving the cooking liquid. Set aside.
- ☐ Heat the oil and butter in the saucepan.
- ☐ Add the onions, garlic, tomatoes and cook for 3 minutes, or until onions are tender.
- ☐ Place the plantains and beans in a food processor.
- ☐ Add the reserved stock, coconut milk, brown sugar, cilantro, cumin, and tomato mixture. Puree and season with salt and pepper.
- ☐ Place in a pot a cook stirring often for 5 minutes.
- ☐ Transfer to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:77.57, Glycemic Load:6.29, Inflammation Score:-10, Nutrition Score:26.218695566058%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg

Nutrients (% of daily need)

Calories: 546.95kcal (27.35%), Fat: 17.21g (26.47%), Saturated Fat: 9.71g (60.7%), Carbohydrates: 94.18g (31.39%), Net Carbohydrates: 83.4g (30.33%), Sugar: 43.79g (48.66%), Cholesterol: 16.85mg (5.62%), Sodium: 344.93mg (15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.25%), Vitamin K: 69.79µg (66.47%), Vitamin A: 2782.98IU (55.66%), Vitamin C: 45.3mg (54.91%), Manganese: 1.05mg (52.46%), Potassium: 1560.92mg (44.6%), Folate: 175.42µg (43.86%), Fiber: 10.77g (43.09%), Vitamin B6: 0.69mg (34.57%), Magnesium: 131.12mg (32.78%), Iron: 5.16mg (28.67%), Phosphorus: 254.04mg (25.4%), Copper: 0.5mg (25.08%), Vitamin B1: 0.32mg (21.26%), Vitamin B3: 3.28mg (16.41%), Vitamin B2: 0.26mg (15.46%), Zinc: 1.72mg (11.47%), Vitamin B5: 0.89mg (8.93%), Selenium: 5.69µg (8.12%), Vitamin E: 1.08mg (7.21%), Calcium: 64.16mg (6.42%)