



## Skillet Piñon

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz tomato sauce canned
- 4 eggs
- 0.3 cup cilantro leaves fresh divided chopped
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 0.3 cup olives green chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 2 lb ground beef lean

- 8 oz low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup milk
- 1 small onion chopped
- 2.5 lb plantains ripe
- 2 pkt. seasoning with coriander and annatto

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Cut plantains into 1/2-inch-thick lengthwise slices.
- Heat 2 Tbsp. dressing in large nonstick skillet.
- Add half the plantains; cook 1-1/2 min. on each side or until golden brown on both sides.
- Remove from skillet. Repeat with 2 Tbsp. of the remaining dressing and remaining plantains; remove from skillet. Cover to keep warm.
- Add peppers, onions, garlic, 1/4 cup cilantro, olives and remaining dressing to skillet; cook on medium heat 5 min. or until vegetables are crisp-tender, stirring frequently. Stir in meat, tomato sauce and seasoning. Bring to boil, stirring occasionally; cover. Simmer on low heat 20 min. or until meat is done, stirring occasionally.
- Transfer to bowl; cover to keep warm. Wipe out skillet with paper towels; spray with cooking spray.
- Beat eggs and milk with whisk until blended; pour half into skillet. Top with layers of half each plantains, meat mixture and cheese. Repeat all layers; cover. Cook on low heat 30 min. or until center is set. Cool 5 min.; sprinkle with remaining cilantro.

## Nutrition Facts



**PROTEIN 29.7%** **FAT 28.84%** **CARBS 41.46%**

## Properties

Glycemic Index:12.47, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:15.417391310567%

## Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 256.62kcal (12.83%), Fat: 8.46g (13.02%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 25.5g (9.27%), Sugar: 15.15g (16.84%), Cholesterol: 91.31mg (30.44%), Sodium: 314.05mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.2%), Vitamin K: 28.17µg (26.82%), Vitamin B12: 1.61µg (26.75%), Vitamin C: 21.94mg (26.59%), Zinc: 3.87mg (25.82%), Selenium: 17.82µg (25.46%), Vitamin B6: 0.5mg (25.11%), Phosphorus: 250.16mg (25.02%), Vitamin A: 1128.87IU (22.58%), Vitamin B3: 4.08mg (20.39%), Potassium: 688.49mg (19.67%), Vitamin B2: 0.28mg (16.18%), Calcium: 146.44mg (14.64%), Iron: 2.36mg (13.12%), Magnesium: 50.48mg (12.62%), Vitamin B5: 0.89mg (8.89%), Manganese: 0.17mg (8.41%), Folate: 30.19µg (7.55%), Fiber: 1.88g (7.5%), Copper: 0.15mg (7.29%), Vitamin B1: 0.09mg (6.3%), Vitamin E: 0.8mg (5.32%), Vitamin D: 0.39µg (2.57%)