



Stuffed Plantains

 **Gluten Free**

READY IN



40 min.

SERVINGS



40

CALORIES



76 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 14 oz canned tomatoes diced undrained canned
- 3 cloves garlic minced
- 1 lb ground beef
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped
- 2 tsp oregano leaves dried
- 3 plantains yellow ripe unpeeled

1.5 cups cheddar cheese shredded divided kraft

Equipment

sauce pan

oven

baking pan

Directions

Heat oven to 375F.

Place plantains in 13x9-inch baking dish.

Bake 20 min. Cool.

Cut plantains lengthwise in half. Starting at one end of each, slide thumb between peel and plantain, then gently lift plantain to loosen from peel. (Do not remove plantains from peels.) Return plantain halves, cut-sides up, to baking dish.

Meanwhile, cook onions and garlic in dressing in large saucepan on medium-high heat 3 min.

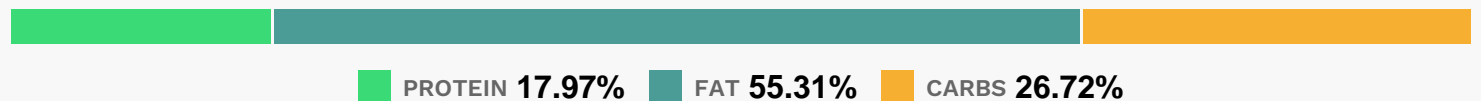
Add meat and oregano; cook 10 min. or until meat is done, stirring frequently.

Add tomatoes and 3/4 cup cheese; simmer on medium-low heat 5 min. or until mixture is heated through and cheese is melted, stirring occasionally. Spoon over plantains.

Top with bacon and remaining cheese.

Bake 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.9869565419529%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 76.47kcal (3.82%), Fat: 4.8g (7.39%), Saturated Fat: 2g (12.51%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.77g (3.08%), Cholesterol: 13.74mg (4.58%), Sodium: 72.04mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin K: 5.44µg (5.18%), Selenium: 3.61µg (5.16%), Vitamin B12: 0.3µg (4.98%), Phosphorus: 47.84mg (4.78%), Vitamin B6: 0.1mg (4.78%), Zinc: 0.7mg (4.69%), Vitamin C: 3.62mg (4.38%), Vitamin A: 208.44IU (4.17%), Calcium: 37.99mg (3.8%), Vitamin B3: 0.74mg (3.7%), Potassium: 127.84mg (3.65%), Vitamin B2: 0.05mg (3.19%), Iron: 0.45mg (2.49%), Magnesium: 9.8mg (2.45%), Manganese: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.78%), Fiber: 0.4g (1.62%), Folate: 6.03µg (1.51%), Vitamin B5: 0.14mg (1.43%), Copper: 0.03mg (1.41%), Vitamin E: 0.19mg (1.26%)