



Stuffed Plantains with Pork and Chipotle Honey Oil

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

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ready

400 min.

SERVINGS

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servings

12

CALORIES

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calories

414 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chipotle in adobo sauce chopped
- ☐ 3 tablespoons chipotle in adobo sauce
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 7 pounds boston butt pork shoulder bone-in
- ☐ 0.3 cup canola oil
- ☐ 10 cloves garlic smashed
- ☐ 2 tablespoons honey

- ☐ 0.3 cup olive oil
- ☐ 4 to 6 plantains ripe
- ☐ 3 envelopes sazón seasoning
- ☐ 0.5 cup scallions chopped

Equipment

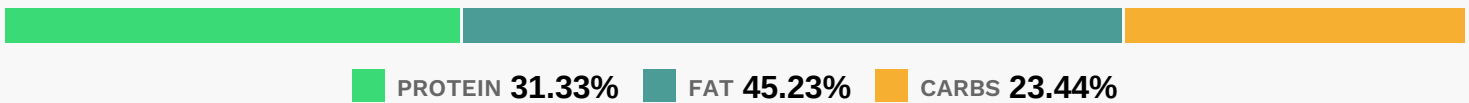
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the oven to 275 degrees F.
- ☐ In a small bowl mix adobo, Sazon, and pepper and set aside.
- ☐ Using a paring knife, make 10 to 12 slits in the pork shoulder. Then peel back fat cap but leave attached. Lift fat cap and make slits under cap. Pull cap back down and score top skin with knife. Insert smashed garlic in slits. Rub the pork with the adobo mixture, wrap in aluminum foil and place in a roasting pan.
- ☐ Transfer the pan to the oven and roast for 5 hours.
- ☐ Raise the oven temperature to 375 degrees F.
- ☐ Remove the aluminum foil and continue roasting for 30 minutes (or desired crispness on skin).
- ☐ Remove pork shoulder from oven and allow to rest for 20 minutes on a chopping board. Pull approximately 2 pounds of pork from the shoulder and chop into small to medium size pieces.
- ☐ In a medium bowl, mix chopped pork and the scallions. Set pork and scallion mixture aside.

- ☐ Remove peel from the plantains but do not detach peel. Split plantain down middle making 2 slices so you can remove middle (make canoe), set cut piece aside. Take 1/2 cup of pork and scallion mixture and stuff plantains.
- ☐ Place cut piece of plantain back on top and pull up peel. Lightly oil the peel and wrap in aluminum foil. Repeat with remaining plantains and stuffing mixture. Grill,or bake for approximately 20 minutes or until thoroughly heated.
- ☐ Remove plantains from grill or oven and remove foil and peel.
- ☐ Place plantains on a serving platter. In a small bowl, mix chopped chipotle, honey and olive oil.
- ☐ Drizzle over the plantains and serve.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:24.083912953087%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 413.82kcal (20.69%), Fat: 20.94g (32.21%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 22.48g (8.17%), Sugar: 13.86g (15.4%), Cholesterol: 108.14mg (36.05%), Sodium: 149.04mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.63g (65.26%), Vitamin B1: 1.47mg (98.11%), Selenium: 48.94µg (69.92%), Vitamin B6: 0.85mg (42.5%), Vitamin B3: 7.35mg (36.75%), Phosphorus: 351.42mg (35.14%), Zinc: 5.24mg (34.94%), Vitamin B2: 0.56mg (32.97%), Vitamin K: 32.71µg (31.15%), Potassium: 871mg (24.89%), Vitamin B12: 1.36µg (22.6%), Vitamin C: 13.85mg (16.79%), Vitamin B5: 1.53mg (15.33%), Iron: 2.64mg (14.67%), Vitamin A: 728.73IU (14.57%), Magnesium: 57.76mg (14.44%), Manganese: 0.22mg (11.02%), Copper: 0.22mg (10.98%), Vitamin E: 1.49mg (9.97%), Fiber: 1.93g (7.73%), Folate: 24.09µg (6.02%), Calcium: 34.38mg (3.44%)