



## Sweet Cajun Plantain

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon cayenne pepper
- 0.3 teaspoon thyme leaves dried
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 1 tablespoon olive oil
- 0.3 teaspoon oregano dried
- 0.5 teaspoon paprika
- 2 plantains yellow ripe peeled cut into 1/8-inch slices ()

- 2 servings salt to taste
- 3 tablespoons white wine

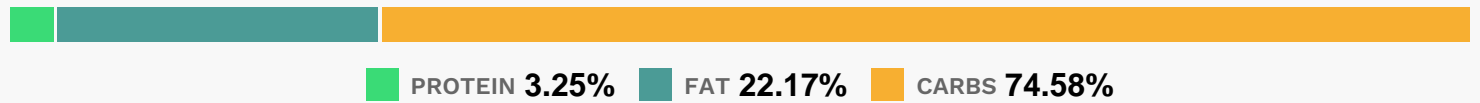
## Equipment

- bowl
- frying pan

## Directions

- Mix paprika, thyme, oregano, garlic powder, black pepper, cayenne pepper, and salt in a bowl.
- Add plantain slices to spice mixture and turn to coat.
- Heat olive oil in a skillet over medium-high heat. Cook plantains in skillet until softened, 1 to 2 minutes per side.
- Pour wine into the skillet. Bring wine to a boil and simmer until wine cooks off, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:14.063913013624%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 303.79kcal (15.19%), Fat: 7.76g (11.95%), Saturated Fat: 1g (6.23%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 55.25g (20.09%), Sugar: 31.64g (35.16%), Cholesterol: 0mg (0%), Sodium: 203.04mg (8.83%), Alcohol: 2.32g (100%), Alcohol %: 1.39% (100%), Protein: 2.57g (5.13%), Vitamin K: 60.57µg (57.68%), Vitamin A: 2383.36IU (47.67%), Vitamin C: 33.2mg (40.25%), Potassium: 916.21mg (26.18%), Vitamin B6: 0.47mg (23.57%), Manganese: 0.36mg (17.77%), Magnesium: 69.63mg (17.41%), Fiber: 3.54g (14.14%), Folate: 41.27µg (10.32%), Vitamin

B2: 0.15mg (8.86%), Vitamin E: 1.29mg (8.59%), Iron: 1.5mg (8.35%), Vitamin B1: 0.12mg (7.84%), Copper: 0.15mg (7.3%), Phosphorus: 66.2mg (6.62%), Vitamin B3: 1.32mg (6.61%), Vitamin B5: 0.57mg (5.68%), Selenium: 2.88µg (4.11%), Zinc: 0.42mg (2.83%), Calcium: 16.86mg (1.69%)