



Tortilla de Plátano Maduro (Ripe Plantain Frittata)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 large eggs
- ☐ 3 tablespoons honey
- ☐ 3 plantains diced very ripe peeled
- ☐ 2 cups queso blanco grated plus more for garnish
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil

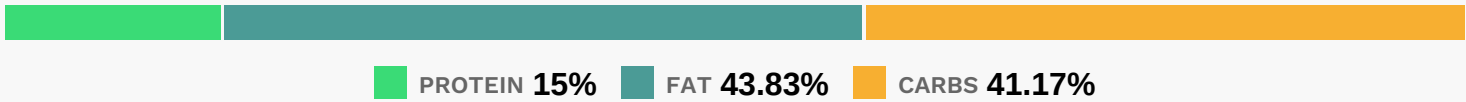
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 350 degrees F.In a nonstick fry pan over medium heat, warm the oil.
- ☐ Add the ripe plantain and cook, stirring occasionally, about, 5 to 6 minutes.
- ☐ Transfer to a plate.In a large bowl, whisk the eggs, sugar and queso together.
- ☐ Place the cooked plantains in a baking pan.
- ☐ Pour the egg mixture in the plantains and place in the oven and bake until golden on top, about 10 to 12 minutes.
- ☐ Drizzle with honey and sprinkle the remaining cheese on top.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:5.91, Inflammation Score:-8, Nutrition Score:15.44869568037%

Nutrients (% of daily need)

Calories: 381.98kcal (19.1%), Fat: 19.29g (29.67%), Saturated Fat: 7.5g (46.89%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 39.22g (14.26%), Sugar: 27.41g (30.45%), Cholesterol: 214.06mg (71.35%), Sodium: 380.43mg (16.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Selenium: 24.64µg (35.2%), Vitamin K: 34.67µg (33.02%), Vitamin A: 1609.12IU (32.18%), Phosphorus: 284.63mg (28.46%), Calcium: 261.51mg (26.15%), Vitamin B2: 0.37mg (21.84%), Vitamin C: 16.52mg (20.02%), Vitamin B12: 1.13µg (18.8%), Vitamin B6: 0.34mg (16.75%), Potassium: 562.83mg (16.08%), Vitamin D: 2.1µg (13.99%), Zinc: 1.89mg (12.58%), Magnesium: 48.19mg (12.05%), Vitamin B5: 1.19mg (11.88%), Folate: 46.25µg (11.56%), Iron: 1.49mg (8.3%), Manganese: 0.16mg (7.85%), Vitamin E: 1.05mg (6.98%), Fiber: 1.54g (6.17%), Vitamin B1: 0.09mg (6.17%), Copper: 0.12mg (5.98%), Vitamin B3: 0.66mg (3.31%)