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# **Sweet Plantain Canoes**

Sweet Plantain Canoes are a delicious vegetarian dish made with ripe plantains. The plantains are sliced lengthwise and filled with a sweet and savory mixture of ingredients. This recipe is a popular dish in Latin American cuisine and can be enjoyed as a side dish or a main course.

Recipe Type: Vegetarian Prep Time: 20 mins

Cook Time: 25 mins Total Time: 45 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

## **Ingredients**

500 g	Ripe Plantains
50 g	brown sugar
1 tsp	Cinnamon
50 g	butter
2 tbsp	honey

50 g	Pecans
1 tsp	vanilla extract

## **Directions**

#### Step 1



Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2

### Cutting

Cut the ends off the plantains and make a lengthwise slit along the curved side of each plantain, being careful not to cut all the way through.

Prep Time: 10 mins

Cook Time: 0 mins

### Step 3



In a small bowl, mix together the brown sugar, cinnamon, butter, honey, pecans, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 4

#### **Preparation**

Spread the mixture evenly into the slits of the plantains.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 5

#### Baking

Place the filled plantains on a baking sheet and bake for 25 minutes, or until the plantains are tender and caramelized.

Prep Time: 0 mins

Cook Time: 25 mins

### Step 6

#### Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 420 kcal

**Fat:** 10 g

Protein: 2g

Carbohydrates: 80 g

## **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### **Carbohydrates**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	80 g	145.45%	160%
Fibers	5 g	13.16%	20%
Sugars	40 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

#### **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5000 iu	555.56%	714.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	450 mg	13.24%	17.31%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

## **Recipe Attributes**

Seasonality

Fall

**Events** 

Picnic

**Cuisines** 

Italian American

Course

Side Dishes Desserts Salads Snacks Sauces & Dressings

Cultural

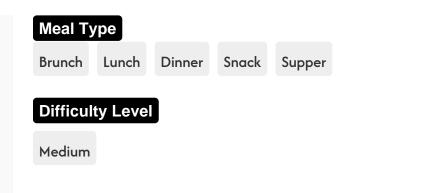
Chinese New Year Cinco de Mayo Passover Christmas Easter

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Demographics

Kids Friendly Senior Friendly



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