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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

<b>500 g</b>	Ripe Plantains
<b>50 g</b>	brown sugar
<b>1 tsp</b>	Cinnamon
<b>50 g</b>	butter
<b>2 tbsp</b>	honey

50 g	Pecans
1 tsp	vanilla extract

## Directions

### Step 1

Oven

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

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Preparation

Spread the mixture evenly into the slits of the plantains.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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

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## Step 6

Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 420 kcal

Fat: 10 g

Protein: 2 g

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

## Meal Type

Brunch

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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