

Pinon

Carmen Marciano

Community Living Committee - All Saint's Church Hammond, IN 1987

*4 ripe plantains
2 cups oil
2 tablespoons margarine
2 cloves garlic, diced
1 onion, chopped
1 cup water
1 pound ground lean pork
2 eggs, beaten well
1 1/2 cups fresh green beans, sliced
2 sweet peppers, diced
2 coriander leaves, chopped
1/4 teaspoon oregano
1/2 cup tomato sauce
1 teaspoon capers and olives
1/2 teaspoon salt*

Peel the plantains. Slice and salt them lightly. Fry in hot oil until brown. Remove with a slotted spoon and set aside.

Place the garlic, onion and green pepper in the margarine and cook until limp, about 5 minutes. Add the oregano, coriander and tomato sauce. Simmer for 10 minutes.

Add the meat, capers, olives, water and cut-up beans. Cook about 20 minutes.

Preheat the oven to 350 degrees.

Butter a shallow baking dish and cover with one-half of the fried plantains. Place the meat mixture on top of the plantains. Place the remaining plantains over the meat mixture. Pour the beaten eggs over all.

Bake for 20 to 30 minutes or until the eggs are set.

Per Serving (excluding unknown items): 5242 Calories; 472g Fat (78.3% calories from fat); 28g Protein; 267g Carbohydrate; 25g Dietary Fiber; 424mg Cholesterol; 2266mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 6 Vegetable; 15 Fruit; 92 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	5242	Vitamin B6 (mg):	3.3mg
% Calories from Fat:	78.3%	Vitamin B12 (mcg):	1.3mcg

% Calories from Carbohydrates: 19.7%
 % Calories from Protein: 2.1%
 Total Fat (g): 472g
 Saturated Fat (g): 59g
 Monounsaturated Fat (g): 273g
 Polyunsaturated Fat (g): 102g
 Cholesterol (mg): 424mg
 Carbohydrate (g): 267g
 Dietary Fiber (g): 25g
 Protein (g): 28g
 Sodium (mg): 2266mg
 Potassium (mg): 4958mg
 Calcium (mg): 216mg
 Iron (mg): 10mg
 Zinc (mg): 3mg
 Vitamin C (mg): 381mg
 Vitamin A (i.u.): 12506IU
 Vitamin A (r.e.): 1468 1/2RE

Thiamin B1 (mg): .7mg
 Riboflavin B2 (mg): 1.0mg
 Folicin (mcg): 302mcg
 Niacin (mg): 8mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 1 1/2
 Vegetable: 6
 Fruit: 15
 Non-Fat Milk: 0
 Fat: 92 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 5242 Calories from Fat: 4102

% Daily Values*

Total Fat	472g	727%
Saturated Fat	59g	293%
Cholesterol	424mg	141%
Sodium	2266mg	94%
Total Carbohydrates	267g	89%
Dietary Fiber	25g	100%
Protein	28g	
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Vitamin A		250%
Vitamin C		635%
Calcium		22%
Iron		57%

* Percent Daily Values are based on a 2000 calorie diet.