



Pastelon – Sweet Plainain “Lasagna



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made with ripe plantains, eggs, ground beef, sofrito sauce, tomato sauce, sazón goya con cilantro y ,achiote, oil, oregano, and salt

Nutrition Facts/Datos de Nutrición	
Serv. Size/Tamaño por Ración 366g	
Servings/Raciones por Envase	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 498.8	Fat cal./Calorías de Grasa 121
% Daily Value* /% Valor Diario*	
Total Fat/Grasa Total 13.5g	24%
Saturated Fat/Grasa Saturada 5g	25%
Trans Fat/Grasa Trans 0.6g	
Polyunsat. Fat/ Grasa Poliinsat. 0.8g	
Monounsat. Fat/Grasa Monoinsat. 5.4g	
Cholesterol/Colesterol 164.9mg	54%
Sodium/Sodio 184.7mg	7%
Potassium/Potasio 1563.3mg	44%
Total Carb./Carbohidrato Total 83g	27%
Fiber/Fibra 6.1g	24%
Sugars/Azúcares 39.3g	
Protein/Proteínas 19.2g	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://www.food.com/recipe/pastelon-220749>

Photo: <http://www.dominicantoday.com/dr/forum/living-in-the-dr/general-info/2303/The-Everyday-Dominican-RepublicFotosVideos-De-Cositas/150>

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