

Pork and Plantain Cuban Breakfast Hash

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-plantain-recipe>

Ingredients:

- 1 plantains peeled and sliced in half lengthwise
- 1/2 cup pork leftover easy shredded
- 1/2 jalapeno diced
- 1/4 yellow onion diced
- 1 garlic clove minced
- 1/2 teaspoon cumin
- 1/2 lime
- salt
- pepper
- 1 egg cooked however you'd like
- 2 tablespoons coconut oil

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 255 milligrams
4. Fat: 37 grams
5. Fiber: 9 grams
6. Protein: 26 grams
7. SaturatedFat: 26 grams
8. Sodium: 890 milligrams
9. Sugar: 30 grams

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