



Aborrajados de Plátano (Ripe Plantain Fritters)



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- 2 eggs
- 4 tablespoons flour all-purpose
- 2 tablespoons milk
- 8 mozzarella cheese 2" x
- 2 large plantains very ripe
- 1 pinch salt
- 2 tablespoon sugar
- 8 servings vegetable oil for frying

- 8 servings aborrajados de plátano maduro
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Equipment

- bowl
- paper towels
- baking paper
- pot
- plastic wrap
- slotted spoon

Directions

- Peel the plantains and cut cross-wise into 8, 1 ½" chunks. Fill a large pot one-third full with vegetable oil and heat to 360°.
- Add the plantain chunks into the hot oil and fry them about 3 minutes or until golden. Meanwhile, make the batter: mix the flour, sugar and salt in a small bowl.
- Add the eggs. Gradually, stir in the milk to make a smooth batter. Cover with plastic wrap and set aside.
- Remove the plantains with a slotted spoon and drain on paper towels.
- Place the plantain chunks onto pieces of parchment paper or plastic and flatten them to ¼" thickness.
- Place 1 cheese slice in the center of one plantain pattie and cover with another pattie, like making a sandwich, and press the edges of the plantain sandwich to enclose the cheese completely. Dip the sandwich in the batter and add to the oil, in batches. Fry for 1 minute on each side or until golden brown.
- Remove with a slotted spoon and drain on paper towels.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:4.24, Inflammation Score:-5, Nutrition Score:5.0543478053549%

Nutrients (% of daily need)

Calories: 125.53kcal (6.28%), Fat: 4.39g (6.76%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.54g (7.11%), Sugar: 11.07g (12.3%), Cholesterol: 42.16mg (14.05%), Sodium: 30.05mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 18.12µg (17.25%), Vitamin A: 577.91IU (11.56%), Vitamin C: 8.23mg (9.98%), Selenium: 5.58µg (7.97%), Potassium: 243.57mg (6.96%), Vitamin B6: 0.13mg (6.57%), Vitamin B2: 0.11mg (6.55%), Folate: 21.95µg (5.49%), Phosphorus: 47.48mg (4.75%), Magnesium: 18.91mg (4.73%), Manganese: 0.09mg (4.68%), Vitamin B1: 0.06mg (4.27%), Fiber: 0.86g (3.45%), Iron: 0.62mg (3.44%), Vitamin B5: 0.33mg (3.35%), Vitamin B3: 0.54mg (2.68%), Vitamin B12: 0.14µg (2.35%), Vitamin E: 0.35mg (2.34%), Copper: 0.05mg (2.34%), Zinc: 0.3mg (1.99%), Calcium: 17.76mg (1.78%), Vitamin D: 0.27µg (1.77%)