



WHATSheATE



Baked Plantain Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



5

CALORIES



224 kcal

SIDE DISH

Ingredients



3 medium size bananas raw



4 tablespoons coconut oil

Equipment



bowl



baking sheet



baking paper



oven



whisk

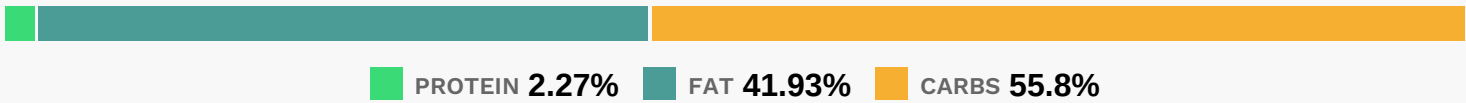
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aluminum foil

Directions

- ☐ Pre heat the oven at 425F/220C for 15 minutes. Line a big cookie sheet with aluminum foil or parchment paper.Meanwhile in a large bowl whisk together the oil, salt and seasonings. Stir in the sliced plantain and coat it well with the spice rub.
- ☐ Spread the sliced pieces onto the baking sheet and bake for about 20–25 minutes, flipping it once in the middle.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:7.2682609370221%

Nutrients (% of daily need)

Calories: 224.32kcal (11.22%), Fat: 11.48g (17.65%), Saturated Fat: 9.24g (57.75%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 32.53g (11.83%), Sugar: 18.8g (20.88%), Cholesterol: 0mg (0%), Sodium: 4.3mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin K: 31µg (29.52%), Vitamin A: 1213.62IU (24.27%), Vitamin C: 19.76mg (23.95%), Potassium: 523.04mg (14.94%), Vitamin B6: 0.26mg (13%), Magnesium: 38.66mg (9.67%), Manganese: 0.15mg (7.73%), Fiber: 1.83g (7.3%), Folate: 23.63µg (5.91%), Vitamin B2: 0.08mg (4.8%), Vitamin B1: 0.07mg (4.44%), Copper: 0.08mg (3.97%), Vitamin B3: 0.72mg (3.61%), Phosphorus: 34.37mg (3.44%), Iron: 0.6mg (3.31%), Vitamin B5: 0.32mg (3.22%), Selenium: 1.61µg (2.3%), Zinc: 0.21mg (1.38%)