


 **4%**
HEALTH SCORE

Buttered Plantain Fries and Seasoned Avocado

 Vegetarian  Gluten Free

READY IN

45 min.

SERVINGS

3

CALORIES

555 kcal

SIDE DISH

Ingredients

- 1 avocado
- 0.5 cup butter melted
- 1 handful pepper flakes chopped
- 1 clove garlic chopped
- 3 servings onion chopped
- 1 plantains
- 3 servings salt

2 tablespoons vegetable oil

Equipment

frying pan

Directions

Peel and Slice your plantain into thin stripes and set aside. In a pan, pour in your butter and oil and heat slowly. Toss in your plantain and allow to brown on all sides. Mash your avocado, season with salt and stir in your chopped pepper, garlic and onion.

Serve as a starter.

Nutrition Facts

 **PROTEIN 2.14%**  **FAT 77.07%**  **CARBS 20.79%**

Properties

Glycemic Index: 64, Glycemic Load: 1.74, Inflammation Score: -8, Nutrition Score: 13.622608695652%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Taste

Sweetness: 26.6%, Saltiness: 1.51%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 555.03kcal (27.75%), Fat: 49.87g (76.72%), Saturated Fat: 22.28g (139.25%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 23.8g (8.66%), Sugar: 13.27g (14.74%), Cholesterol: 81.34mg (27.11%), Sodium: 446.54mg (19.41%), Protein: 3.11g (6.22%), Vitamin K: 50.86µg (48.44%), Vitamin A: 1721.87IU (34.44%), Vitamin C: 22.54mg (27.32%), Fiber: 6.46g (25.86%), Potassium: 710.03mg (20.29%), Vitamin E: 3.02mg (20.14%), Vitamin B6: 0.4mg (19.89%), Folate: 79.09µg (19.77%), Manganese: 0.27mg (13.49%), Vitamin B5: 1.23mg (12.26%), Magnesium: 47.5mg (11.87%), Copper: 0.2mg (9.82%), Vitamin B2: 0.16mg (9.5%), Vitamin B3: 1.66mg (8.29%), Phosphorus:

80.64mg (8.06%), Vitamin B1: 0.11mg (7.42%), Iron: 0.84mg (4.69%), Zinc: 0.68mg (4.55%), Calcium: 33.54mg (3.35%), Selenium: 1.96µg (2.8%), Vitamin B12: 0.06µg (1.07%)