



Fried Plantains

 **Gluten Free**

READY IN



13 min.

SERVINGS



13

CALORIES



72 kcal

SIDE DISH

Ingredients

- 2 tsp brown sugar
- 2 Tbsp butter divided
- 0.3 cup knudsen cream sour
- 0.3 tsp ground cinnamon
- 1 lb plantains very ripe sliced (2 plantains)
- 0.3 cup cool whip whipped topping thawed

Equipment

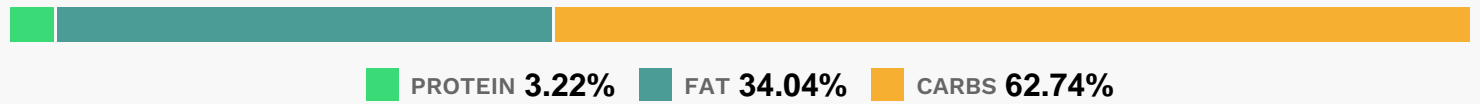
- bowl

frying pan

Directions

- Melt 1 Tbsp. of the butter in medium skillet on medium heat. Cook half of the plantains 3 min. on each side or until golden brown on both sides.
- Remove from skillet; set aside and keep warm. Repeat with remaining 1 Tbsp. butter and plantains.
- Combine sour cream, whipped topping, sugar and cinnamon in small bowl.
- Serve plantains with sweet cream sauce.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.6460869778758%

Nutrients (% of daily need)

Calories: 72.21kcal (3.61%), Fat: 2.94g (4.53%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.58g (4.21%), Sugar: 7.08g (7.86%), Cholesterol: 7.34mg (2.45%), Sodium: 18mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Vitamin K: 10.33µg (9.84%), Vitamin A: 477.64IU (9.55%), Vitamin C: 6.46mg (7.83%), Potassium: 178.3mg (5.09%), Vitamin B6: 0.09mg (4.34%), Magnesium: 13.22mg (3.31%), Manganese: 0.06mg (2.99%), Fiber: 0.62g (2.48%), Vitamin B2: 0.04mg (2.12%), Folate: 8.06µg (2.01%), Phosphorus: 16.17mg (1.62%), Vitamin B1: 0.02mg (1.53%), Copper: 0.03mg (1.36%), Vitamin B5: 0.12mg (1.23%), Vitamin B3: 0.24mg (1.21%), Iron: 0.2mg (1.14%), Selenium: 0.75µg (1.07%)