

Fried Plantains

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

Ingredients

- 1 quart cooking oil for frying
- 2 plantains

Equipment

- frying pan
- paper towels

Directions

- Preheat oil in a large, deep skillet over medium high heat.
- Peel the plantains and cut them in half. Slice the halves lengthwise into thin pieces.
- Fry the pieces until browned and tender.
- Drain excess oil on paper towels.

Nutrition Facts

PROTEIN 0.85% **FAT 78.29%** **CARBS 20.86%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.9230434687241%

Nutrients (% of daily need)

Calories: 263.74kcal (13.19%), Fat: 23.82g (36.64%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 13.51g (4.91%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 1.79mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 29.76µg (28.34%), Vitamin E: 4.14mg (27.6%), Vitamin A: 505.67IU (10.11%), Vitamin C: 8.23mg (9.98%), Potassium: 217.93mg (6.23%), Vitamin B6: 0.11mg (5.41%), Magnesium: 16.11mg (4.03%), Manganese: 0.06mg (3.22%), Fiber: 0.76g (3.04%), Folate: 9.85µg (2.46%), Vitamin B2: 0.03mg (2%), Vitamin B1: 0.03mg (1.85%), Copper: 0.03mg (1.66%), Vitamin B3: 0.3mg (1.5%), Phosphorus: 14.32mg (1.43%), Iron: 0.25mg (1.37%), Vitamin B5: 0.13mg (1.34%)