



FRIED SWEET PLANTAIN (TAJADAS DE PLATANO)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients



3 plantains very ripe



0.5 cup vegetable oil

Equipment



frying pan



paper towels

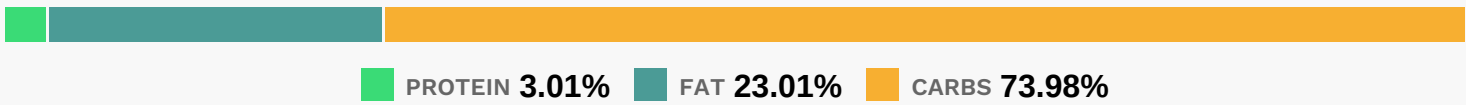


slotted spoon

Directions

- ☐ Peel the plantains and cut diagonal into about ½ inch thick slices.In a large pan, heat the oil over medium–high heat.
- ☐ Add the plantain slices to the pan, keep in a single layer, and cook about 2 minutes on each side.
- ☐ Remove the plantains with a slotted spoon and transfer to a plate lined with paper towels.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:4.808695682365%

Nutrients (% of daily need)

Calories: 105.98kcal (5.3%), Fat: 2.96g (4.55%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 20.27g (7.37%), Sugar: 11.75g (13.05%), Cholesterol: 0mg (0%), Sodium: 2.68mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin K: 24.34µg (23.18%), Vitamin A: 758.51IU (15.17%), Vitamin C: 12.35mg (14.97%), Potassium: 326.9mg (9.34%), Vitamin B6: 0.16mg (8.12%), Magnesium: 24.17mg (6.04%), Manganese: 0.1mg (4.83%), Fiber: 1.14g (4.56%), Folate: 14.77µg (3.69%), Vitamin B2: 0.05mg (3%), Vitamin B1: 0.04mg (2.77%), Copper: 0.05mg (2.48%), Vitamin B3: 0.45mg (2.26%), Phosphorus: 21.48mg (2.15%), Iron: 0.37mg (2.05%), Vitamin B5: 0.2mg (2.01%), Vitamin E: 0.22mg (1.49%), Selenium: 1.01µg (1.44%)