



 3%  
HEALTH SCORE

## Garlic & Spice Plantain Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

### Ingredients

- 2 plantains
- 2 Tbs olive oil
- 1 tsp garlic powder
- 0.5 tsp paprika
- 0.5 tsp cumin
- 0.3 tsp ground pepper
- 0.5 tsp salt

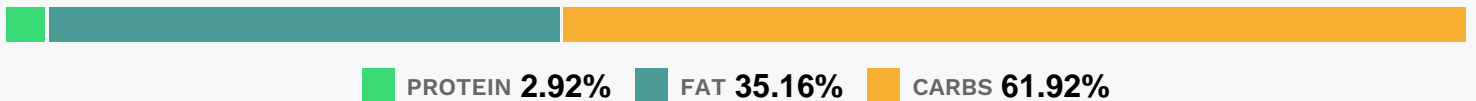
### Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 400F. Line a baking sheet with parchment paper or silicone mats.
- Cut off both ends of the plantains. Make a cut along the entire length of a plantain, and peel off the skin.
- Slice each plantain into thin slices. Dont worry if the slices are not perfect.
- Place the plantains in a medium-sized bowl.
- Mix in all the other ingredients and stir until everything is well incorporated.
- Place the plantain slices on the baking sheets in a single layer.
- Bake for about 15-20 minutes, flipping them at about the 8- or 9-minute mark. Because of the uneven heat distribution in my oven, I also like to swap the baking sheets between the top and bottom racks.
- Remove the chips from the oven when the edges turn into a nice golden brown color.

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:3.5808695652174%

## Taste

Sweetness: 100%, Saltiness: 4.8%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 47.25%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 87.87kcal (4.39%), Fat: 3.72g (5.72%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.85g (5.04%), Sugar: 7.86g (8.74%), Cholesterol: 0mg (0%), Sodium: 147.76mg (6.42%), Protein: 0.7g (1.39%), Vitamin K: 15.16µg (14.44%), Vitamin A: 601.47IU (12.03%), Vitamin C: 8.29mg (10.05%), Potassium:

229.27mg (6.55%), Vitamin B6: 0.12mg (5.99%), Magnesium: 17.21mg (4.3%), Manganese: 0.08mg (3.81%), Vitamin E: 0.57mg (3.8%), Fiber: 0.87g (3.5%), Folate: 10.17µg (2.54%), Iron: 0.41mg (2.26%), Vitamin B2: 0.04mg (2.19%), Vitamin B1: 0.03mg (2.06%), Copper: 0.04mg (1.88%), Phosphorus: 17.16mg (1.72%), Vitamin B3: 0.33mg (1.64%), Vitamin B5: 0.14mg (1.41%), Selenium: 0.78µg (1.12%)