



How to Make Fried Sweet Plantains

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- 1.5 pound plantains very ripe peeled
- 4 servings salt to taste
- 0.3 cup vegetable oil

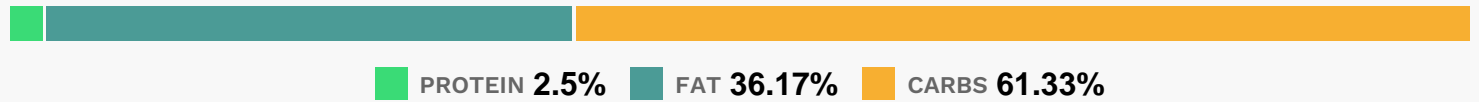
Equipment

- frying pan

Directions

- Heat oil in a heavy-duty skillet over high heat.
- Place 4 to 5 plantain slices in a single layer in the pan and cook until golden brown and tender, 4 to 6 minutes per side.
- Transfer to a paper-towel lined plate. Repeat with remaining plantain slices.
- Sprinkle cooked plantains with salt and drizzle with lime.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:12.862173650576%

Nutrients (% of daily need)

Calories: 327.96kcal (16.4%), Fat: 14.22g (21.88%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 51.37g (18.68%), Sugar: 29.77g (33.07%), Cholesterol: 0mg (0%), Sodium: 200.59mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin K: 74.04µg (70.52%), Vitamin A: 1922.1IU (38.44%), Vitamin C: 31.3mg (37.94%), Potassium: 828.41mg (23.67%), Vitamin B6: 0.41mg (20.58%), Magnesium: 61.24mg (15.31%), Manganese: 0.25mg (12.27%), Fiber: 2.89g (11.57%), Folate: 37.42µg (9.36%), Vitamin B2: 0.13mg (7.6%), Vitamin E: 1.11mg (7.43%), Vitamin B1: 0.11mg (7.03%), Copper: 0.13mg (6.3%), Vitamin B3: 1.14mg (5.72%), Phosphorus: 54.43mg (5.44%), Iron: 0.94mg (5.22%), Vitamin B5: 0.51mg (5.1%), Selenium: 2.55µg (3.65%), Zinc: 0.32mg (2.16%)