

Machuquillo de Platanos

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

Ingredients

- 1 garlic clove
- 2 cups olive oil
- 3 banana (yellow with some spots) plantains ripe (slightly)
- 0.5 teaspoon salt to taste
- 0.3 pound bacon
- 1.3 cups water

Equipment

- food processor

- bowl
- paper towels
- sauce pan
- oven
- knife
- baking pan
- slotted spoon
- tongs

Directions

- Mince garlic and in a small cup combine with 2 tablespoons oil.
- Let garlic mixture stand, covered and chilled, 1 to 2 hours.
- Cut salt pork or bacon into 1/4-inch dice and in a small bowl combine with 1 cup water.
- Let salt pork or bacon stand 30 minutes and drain.
- In a small heavy saucepan bring remaining 1/4 cup water to a boil with pork or bacon and cook, covered, over moderately high heat until water is evaporated, about 8 minutes. Lower heat to moderately low and continue to cook pork or bacon, covered, stirring occasionally, until golden and crisp. With a slotted spoon transfer pork or bacon to paper towels to drain and discard rendered fat (or reserve for another use if desired).
- Preheat oven to 200°F.
- With a sharp small knife cut unpeeled plantains into 3/4-inch-thick slices. Slit skin along side of each slice and peel off. In a 12-inch nonstick skillet heat 1/2 inch oil over moderate heat until just hot enough to sizzle when a plantain slice is added. Fry plantains in batches, without crowding, until tender and just golden, 2 to 3 minutes on each side. With tongs transfer plantains as fried to paper towels to drain and transfer to a baking pan. Keep fried plantains warm in middle of oven.
- In a food processor pulse warm fried plantains until coarsely mashed.
- Transfer mashed plantains to a small bowl and press into bowl. Invert bowl onto a serving plate and tap to unmold plantains.)

Nutrition Facts



■ PROTEIN 4.59% ■ FAT 74.61% ■ CARBS 20.8%

Properties

Glycemic Index:21.19, Glycemic Load:9.86, Inflammation Score:-3, Nutrition Score:7.2495652126229%

Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 389.04kcal (19.45%), Fat: 33.15g (51%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 18.47g (6.72%), Sugar: 10.8g (12%), Cholesterol: 18.71mg (6.24%), Sodium: 483.5mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin E: 3.32mg (22.14%), Vitamin B6: 0.41mg (20.48%), Vitamin K: 13.46µg (12.82%), Manganese: 0.26mg (12.77%), Potassium: 376.25mg (10.75%), Vitamin C: 7.93mg (9.62%), Selenium: 6.69µg (9.56%), Fiber: 2.32g (9.27%), Vitamin B3: 1.73mg (8.67%), Vitamin B1: 0.11mg (7.15%), Magnesium: 28.23mg (7.06%), Phosphorus: 61.44mg (6.14%), Vitamin B2: 0.09mg (5.2%), Copper: 0.1mg (4.76%), Vitamin B5: 0.46mg (4.57%), Folate: 17.72µg (4.43%), Zinc: 0.48mg (3.23%), Iron: 0.48mg (2.68%), Vitamin B12: 0.14µg (2.36%), Vitamin A: 67.2IU (1.34%)