



Machuquillo (Plantain Mash)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients



1 garlic clove minced



1 tablespoon olive oil



2 medium plantains peeled thinly sliced



0.5 teaspoon salt

Equipment



bowl

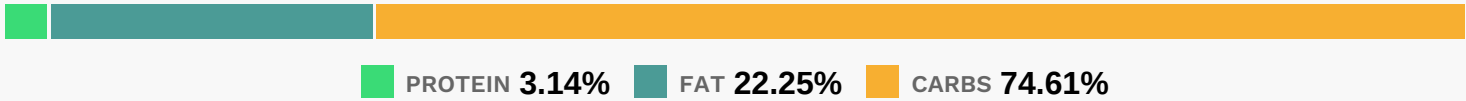


potato masher

Directions

- ☐ Cook plantain slices in boiling water for 15 minutes or until tender; drain.
- ☐ Place plantains, oil, salt, and garlic in a bowl; mash with a potato masher until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:6.3986956321675%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.25kcal (7.06%), Fat: 3.82g (5.87%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 27.26g (9.91%), Sugar: 15.67g (17.41%), Cholesterol: 0mg (0%), Sodium: 294.46mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin K: 27.9µg (26.57%), Vitamin C: 16.7mg (20.24%), Vitamin A: 1011.42IU (20.23%), Potassium: 438.97mg (12.54%), Vitamin B6: 0.23mg (11.29%), Magnesium: 32.42mg (8.1%), Manganese: 0.14mg (7.11%), Fiber: 1.54g (6.15%), Folate: 19.71µg (4.93%), Vitamin B2: 0.07mg (4.05%), Vitamin B1: 0.06mg (3.8%), Copper: 0.07mg (3.43%), Vitamin E: 0.5mg (3.36%), Vitamin B3: 0.61mg (3.03%), Phosphorus: 29.79mg (2.98%), Iron: 0.53mg (2.93%), Vitamin B5: 0.27mg (2.73%), Selenium: 1.45µg (2.07%), Zinc: 0.18mg (1.2%)