



WHATSheATE



## Mofongo Dominicano (Mashed Plantains)



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

### Ingredients

- ☐ 4 plantains peeled cut into 1-inch slices
- ☐ 1 serving vegetable oil
- ☐ 1 tablespoon garlic finely chopped
- ☐ 2 cups beef broth warmed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 leaves cilantro leaves fresh chopped

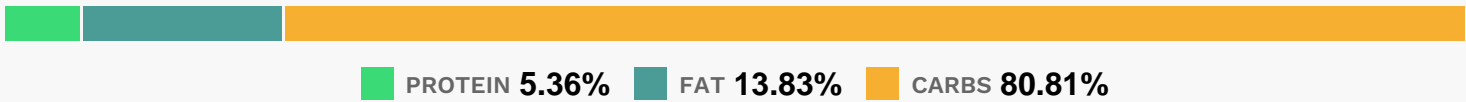
### Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Heat 1 inch oil in deep 12-inch skillet over medium-high heat until oil starts to shimmer (about 350°F).
- ☐ Add plantain slices; cook until golden brown and tender.
- ☐ Remove from oil.
- ☐ Flatten the plantains using the bottom of a flat-bottomed glass bottle or a tostonera, if you have one. Return flattened plantains to skillet; cook for 30 seconds on each side or until slightly crisp.
- ☐ Remove from skillet; place in large bowl. Cool slightly.
- ☐ Place plantains, garlic and 1 cup of the broth in food processor. Process until mixture has the consistency of chunky mashed potatoes, adding broth 1/4 cup at a time.
- ☐ Add salt and pepper; process until mixed.
- ☐ Spoon into serving bowl; garnish with cilantro.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:9.0695650758951%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 174.05kcal (8.7%), Fat: 2.94g (4.52%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 36.52g (13.28%), Sugar: 20.9g (23.22%), Cholesterol: 0mg (0%), Sodium: 496.48mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 39.33µg (37.46%), Vitamin A:

1360.29IU (27.21%), Vitamin C: 22.42mg (27.17%), Potassium: 631.72mg (18.05%), Vitamin B6: 0.31mg (15.69%), Magnesium: 45.08mg (11.27%), Manganese: 0.21mg (10.7%), Fiber: 2.08g (8.33%), Vitamin B3: 1.44mg (7.19%), Folate: 28.01µg (7%), Vitamin B2: 0.11mg (6.43%), Vitamin B1: 0.08mg (5.23%), Phosphorus: 50.84mg (5.08%), Copper: 0.09mg (4.7%), Iron: 0.83mg (4.6%), Vitamin B5: 0.38mg (3.84%), Selenium: 2.55µg (3.64%), Zinc: 0.24mg (1.63%), Vitamin E: 0.2mg (1.31%), Calcium: 11.39mg (1.14%)