

Mofongo (Puerto Rican Plantain Balls)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice bacon cooked
- 2 tablespoons olive oil extra virgin
- 6 garlic clove
- 4 servings kosher salt to taste
- 1 cup chicken stock low-sodium
- 2 cups olive oil
- 4 plantains green
- 1 pound wonton skins crisp

Equipment

- bowl
- paper towels
- sauce pan
- oven
- mortar and pestle
- deep fryer

Directions

- Peel plantains and cut into one-inch slices.
- In a large saucepan or deep fryer, heat oil to 350 degrees.
- Add plantain slices in two batches and fry for 7 minutes, turning once, until light golden but not browned.
- Drain on paper towels.
- In a large mortar or big bowl, crush garlic cloves with pestle or the back of a spoon and sprinkle with salt.
- Add olive oil to the mixture and keep pounding until it's well incorporated.
- Transfer to a small bowl.
- In the same mortar or bowl, crush half of the fried plantain slices with half of the pork rinds, 1/2 slice of cooked bacon, and half the garlic aioli and pound or smash together.
- Add up to 1/2 cup chicken stock as needed, to make it moist.
- Spoon the mixture and shape into two-inch balls. Repeat with remaining ingredients and keep in warm oven until ready to serve. Top with more crushed chicharrón, or cilantro if you wish.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:12.220869460346%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1167.29kcal (58.36%), Fat: 64.96g (99.93%), Saturated Fat: 16.99g (106.17%), Carbohydrates: 67.92g (22.64%), Net Carbohydrates: 63.89g (23.23%), Sugar: 4.22g (4.69%), Cholesterol: 109.71mg (36.57%), Sodium: 2334.26mg (101.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.55g (147.11%), Vitamin C: 38.24mg (46.35%), Vitamin E: 4.13mg (27.54%), Potassium: 850.58mg (24.3%), Magnesium: 75.73mg (18.93%), Vitamin K: 17.29µg (16.47%), Fiber: 4.03g (16.13%), Iron: 2.74mg (15.25%), Manganese: 0.27mg (13.56%), Vitamin B1: 0.2mg (13.28%), Copper: 0.25mg (12.67%), Folate: 50.26µg (12.56%), Vitamin B2: 0.21mg (12.13%), Vitamin B3: 2.03mg (10.17%), Vitamin B5: 1mg (9.98%), Vitamin B6: 0.2mg (9.89%), Phosphorus: 87.83mg (8.78%), Calcium: 48.73mg (4.87%), Zinc: 0.5mg (3.3%), Selenium: 1.65µg (2.36%), Vitamin B12: 0.08µg (1.35%), Vitamin A: 57.84IU (1.16%)