



Party Plantain Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons lime rind grated
- ☐ 10 servings vegetable oil; peanut oil preferred
- ☐ 1.5 pounds plantains green
- ☐ 1.5 teaspoons sea salt fine-grained

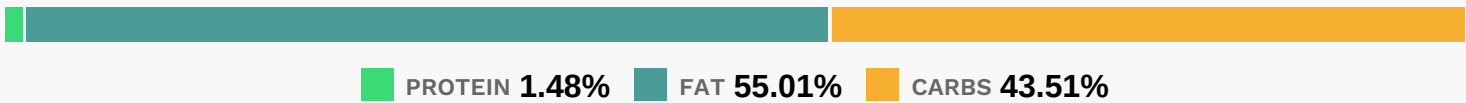
Equipment

- ☐ paper towels
- ☐ mandoline
- ☐ dutch oven

Directions

- ☐ Combine salt and lime rind; set aside.
- ☐ Pour oil to depth of 2 inches into a large Dutch oven; heat to 36
- ☐ Peel plantains; slice plantains lengthwise very thinly, using a mandoline.
- ☐ Fry plantain strips, 4 or 5 at a time, 30 seconds on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Sprinkle immediately with salt mixture.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.8182609065071%

Flavonoids

Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 227.27kcal (11.36%), Fat: 14.05g (21.61%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.5g (8.54%), Sugar: 1.56g (1.74%), Cholesterol: 0mg (0%), Sodium: 350.19mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin C: 13.83mg (16.77%), Vitamin E: 2.2mg (14.66%), Potassium: 293.63mg (8.39%), Magnesium: 27.92mg (6.98%), Fiber: 1.51g (6.02%), Folate: 19.07µg (4.77%), Vitamin B1: 0.07mg (4.54%), Vitamin B2: 0.07mg (4.01%), Copper: 0.08mg (3.97%), Manganese: 0.08mg (3.75%), Vitamin B5: 0.36mg (3.61%), Iron: 0.52mg (2.88%), Vitamin B6: 0.05mg (2.39%), Phosphorus: 21.15mg (2.11%), Vitamin B3: 0.37mg (1.87%)