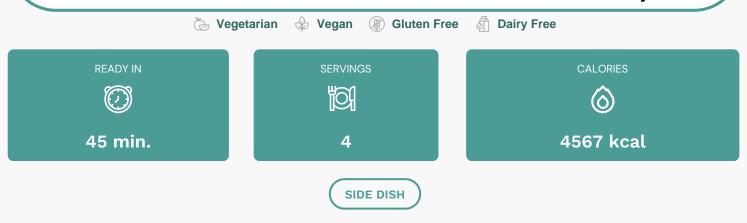


Patacones Con Hogao (Colombian-style Fried) Plantains with Tomato-onion Sauce)



Ingredients

2 medium cloves garlic minced
4 servings kosher salt
2 tablespoons olive oil
1 small onion finely sliced
4 plantains green peeled cut into 1-inch segents
2 pounds roma tomatoes ripe (8 tomatoes)
2 quarts vegetable oil

Eq	uipment
	frying pan
	paper towels
	knife
	pot
	plastic wrap
	kitchen thermometer
	wok
	dutch oven
	cutting board
Dii	rections
	Bring a large pot of water to a boil and cut a small X into the bottom of each tomato. Drop the tomatoes into the boiling water and cook until skins are loosened, about 30 seconds.
	Transfer to an ice bath. Peel and discard skins. Split each tomato into quarters and remove the seeds and pale inner core with a knife. Slice resulting tomato filets into thin slices.
	Add tomatoes, olive oil, onion, and garlic to a large skillet. Season well with salt. Set over medium-high heat and bring to a simmer, stirring constantly. Reduce heat to low, cover, and allow sauce to cook, stirring occasionally, until all vegetables are completely tender, about 30 minutes.
	Remove lid for last 5 minutes of cooking.
	While sauce simmers, heat oil in a wok or Dutch oven until it registers 300°F on an instant read or deep-fry thermometer.
	Add plantains and cook, stirring occasionally, until cooked through, about 5 minutes.
	Transfer to a paper towel-lined plate.
	Line your cutting board with plastic wrap. Smash plantains under a plastic wrap-lined metal can or heavy skillet to roughly 1/8th to 1/4-inch thickness.
	Heat oil up to 350°F to 375°F and return plantains to pot. Cook, stirring and flipping occasionally until golden brown and crisp.
	Transfer to a paper towel-line plate and immediately season with salt.

Season sauce to taste with salt.	
Serve fried plantains topped with sauce and sprinkled with parsley.	
Nutrition Facts	
Nutrition racts	
PROTEIN 0 39% FAT 93 02% CARRS 6 59%	

Properties

Glycemic Index:23.75, Glycemic Load:2.82, Inflammation Score:-10, Nutrition Score:25.327391207218%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteo

Nutrients (% of daily need)

Calories: 4566.9kcal (228.34%), Fat: 480.78g (739.66%), Saturated Fat: 73.42g (458.87%), Carbohydrates: 76.65g (25.55%), Net Carbohydrates: 69.66g (25.33%), Sugar: 10.82g (12.02%), Cholesterol: Omg (0%), Sodium: 209.8mg (9.12%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.52g (9.04%), Vitamin K: 892.4µg (849.9%), Vitamin E: 40.94mg (272.95%), Vitamin C: 68.99mg (83.63%), Potassium: 1340.67mg (38.3%), Vitamin A: 1889.7IU (37.79%), Fiber: 6.99g (27.95%), Magnesium: 100.47mg (25.12%), Manganese: 0.5mg (25.09%), Folate: 87.51µg (21.88%), Vitamin B1: 0.27mg (18.26%), Copper: 0.35mg (17.65%), Vitamin B6: 0.35mg (17.32%), Vitamin B2: 0.23mg (13.44%), Iron: 2.15mg (11.96%), Vitamin B5: 1.18mg (11.81%), Vitamin B3: 2.36mg (11.81%), Phosphorus: 117.29mg (11.73%), Zinc: 0.76mg (5.04%), Calcium: 33.19mg (3.32%)