



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



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



4567 kcal

SIDE DISH

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 segments
- ☐ 2 pounds roma tomatoes ripe (8 tomatoes)
- ☐ 2 quarts vegetable oil

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ wok
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ 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



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, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

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: 0mg (0%), Sodium: 209.8mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (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%)