

Plantain Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



287 kcal

SIDE DISH

Ingredients



3 large plantains green peeled very thinly sliced (unripe)



5 servings salt



5 servings vegetable oil

Equipment



paper towels



sauce pan

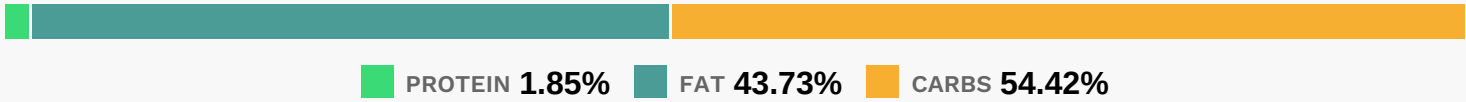


slotted spoon

Directions

- ☐ Cover plantain slices with iced water.
- ☐ Let stand 30 minutes; drain and pat dry.
- ☐ Heat oil (1 to 1 1/2 inches) in 3-qt saucepan to 375F. Fry 12 to 14 plantain slices at a time in oil about 2 minutes, turning occasionally, until golden brown.
- ☐ Remove with slotted spoon; drain on paper towels.
- ☐ Sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.3917390982742%

Nutrients (% of daily need)

Calories: 287.01kcal (14.35%), Fat: 14.08g (21.65%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 37.05g (13.47%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 195.94mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 21.69mg (26.3%), Vitamin K: 25.75µg (24.52%), Potassium: 462.93mg (13.23%), Magnesium: 44.04mg (11.01%), Fiber: 2.36g (9.45%), Vitamin E: 1.15mg (7.63%), Folate: 30.07µg (7.52%), Vitamin B1: 0.11mg (7.16%), Vitamin B2: 0.11mg (6.32%), Copper: 0.12mg (6.24%), Manganese: 0.12mg (5.88%), Vitamin B5: 0.57mg (5.69%), Iron: 0.81mg (4.5%), Vitamin B6: 0.08mg (3.76%), Phosphorus: 33.29mg (3.33%), Vitamin B3: 0.59mg (2.95%), Zinc: 0.19mg (1.29%)