

Plantain Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



558 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 1.5 teaspoons lime zest fresh finely grated chopped
- ☐ 1.5 lb plantains green
- ☐ 1.5 teaspoons salt
- ☐ 6 cups vegetable oil

Equipment

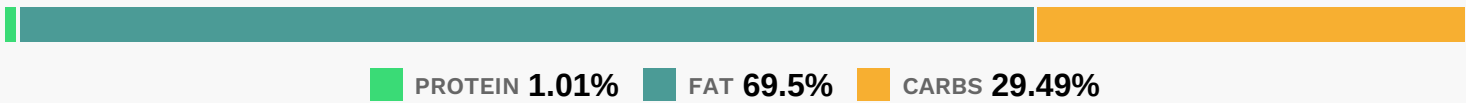
- ☐ paper towels
- ☐ pot

- ☐ kitchen thermometer
- ☐ tongs
- ☐ peeler

Directions

- ☐ Stir together zest, salt, and cayenne.
- ☐ Heat oil in a 5-quart heavy pot over moderate heat until a deep-fat thermometer registers 375°F. While oil is heating, cut ends from plantains and score skin of each plantain 5 times lengthwise, avoiding ridges. Soak in hot tap water 5 minutes and peel.
- ☐ Cut plantains lengthwise with a U-shaped peeler or manual slicer into very thin strips (about 1/16 inch thick). Fry strips, 6 at a time, turning frequently, until golden, 30 to 45 seconds.
- ☐ Transfer with tongs to paper towels and sprinkle crisps immediately with salt mixture.
- ☐ You can make plantain crisps 2 days ahead and keep in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:9.7191304896513%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 558.2kcal (27.91%), Fat: 43.69g (67.22%), Saturated Fat: 6.79g (42.43%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 39.19g (14.25%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 583.67mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 80.25µg (76.43%), Vitamin C: 23.12mg (28.02%), Vitamin E: 3.59mg (23.95%), Potassium: 491.05mg (14.03%), Magnesium: 46.66mg (11.67%), Fiber: 2.53g (10.13%), Folate: 31.88µg (7.97%), Vitamin B1: 0.11mg (7.59%), Vitamin B2: 0.11mg (6.72%), Copper: 0.13mg (6.63%), Manganese: 0.13mg (6.34%), Vitamin B5: 0.6mg (6.02%), Iron: 0.87mg (4.85%), Vitamin B6: 0.08mg (4.08%), Phosphorus: 35.49mg (3.55%), Vitamin B3: 0.63mg (3.16%), Zinc: 0.21mg (1.39%)