

Plantain Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

SIDE DISH

Ingredients



2 pounds plantains green



4 cups vegetable oil

Equipment



paper towels

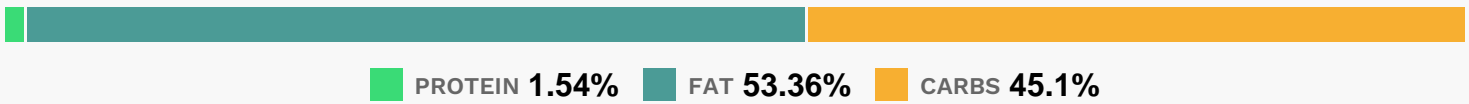


pot

Directions

- ☐ Heat 1 inch oil to 375°F in a 4- to 5-quarts heavy pot over medium-high heat.
- ☐ Meanwhile, cut ends from (unpeeled) plantains, then halve plantains crosswise.
- ☐ Cut a lengthwise slit through peel and discard peel.
- ☐ Cut plantains lengthwise into very thin slices (less than 1/16 inch thick) with slicer.
- ☐ Fry plantains in batches of 10 to 12 slices, turning frequently, until golden, about 1 minute per batch.
- ☐ Drain on paper towels, immediately seasoning each batch with salt. Return oil to 375°F between batches.
- ☐ Chips can be made 1 day ahead and kept (once cool) in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:7.4473913279564%

Nutrients (% of daily need)

Calories: 365.08kcal (18.25%), Fat: 21.88g (33.66%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 39.12g (14.23%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 2.27mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin K: 40.09µg (38.18%), Vitamin C: 22.91mg (27.77%), Potassium: 488.75mg (13.96%), Vitamin E: 1.78mg (11.89%), Magnesium: 46.49mg (11.62%), Fiber: 2.49g (9.98%), Folate: 31.75µg (7.94%), Vitamin B1: 0.11mg (7.56%), Vitamin B2: 0.11mg (6.67%), Copper: 0.13mg (6.58%), Manganese: 0.12mg (6.18%), Vitamin B5: 0.6mg (6.01%), Iron: 0.85mg (4.75%), Vitamin B6: 0.08mg (3.97%), Phosphorus: 35.15mg (3.52%), Vitamin B3: 0.62mg (3.12%), Zinc: 0.2mg (1.36%)