



Plantain Chips with Warm Cilantro Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 6 servings warm cilantro dipping sauce
- ☐ 1 cup canola oil
- ☐ 1 cup olive oil extra-virgin
- ☐ 3 large unripe plantains green ()

Equipment

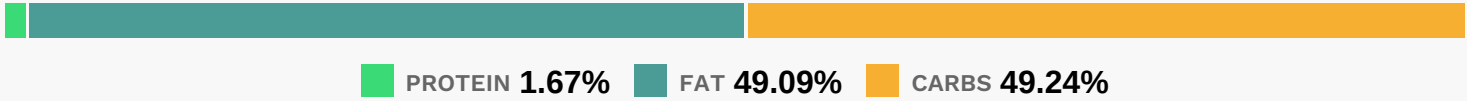
- ☐ frying pan
- ☐ paper towels

- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Trim off ends of plantains and cut 4 vertical slits in skin of each (do not cut into fruit). Microwave for 1 minute at 50 percent power, then pull off peel.
- ☐ Cut diagonally into thin (scant 1/8-inch) slices.
- ☐ Pour both oils into 3- to 4-inch-deep medium saucepan. Attach deep-fry thermometer to side of pan and heat oil to 350°F over medium heat. Working in batches, carefully add several plantain slices to hot oil. Cook until golden brown, turning occasionally, about 4 minutes. Using slotted spoon, transfer chips to paper towels to drain.
- ☐ Sprinkle with salt and pepper; cool slightly.
- ☐ Serve with Warm Cilantro Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.2747826639401%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 267.41kcal (13.37%), Fat: 14.74g (22.67%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 31.28g (11.37%), Sugar: 2.38g (2.65%), Cholesterol: 0mg (0%), Sodium: 12.23mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin C: 18.08mg (21.92%), Vitamin E: 2.35mg (15.68%), Potassium: 388.14mg (11.09%), Vitamin K: 9.68µg (9.22%), Magnesium: 36.83mg (9.21%), Fiber: 1.98g (7.91%), Folate: 25.08µg (6.27%), Vitamin B1: 0.09mg (5.98%), Vitamin B2: 0.09mg (5.3%), Copper: 0.1mg (5.23%), Manganese: 0.1mg (4.94%), Vitamin B5: 0.48mg (4.76%), Iron: 0.72mg (3.99%), Vitamin B6: 0.06mg (3.17%), Phosphorus: 27.94mg (2.79%), Vitamin B3: 0.5mg (2.49%), Zinc: 0.16mg (1.09%)