



Plantain Fritters

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon garlic crushed
- ☐ 3 plantains ripe
- ☐ 1 tablespoon salt
- ☐ 0.3 cup vegetable oil

Equipment

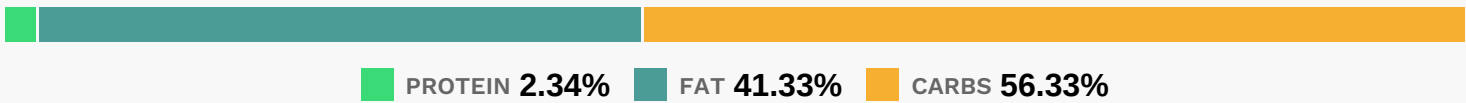
- ☐ bowl

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Wash plantains and cut into thirds; leaving the skin on.
- ☐ Place the pieces in a medium pan with water; cover, and bring to a boil. Cook until the flesh is soft, about 15 minutes
- ☐ Drain and peel the plantains and transfer to a large bowl. Mash to a smooth consistency and add the baking powder, salt, garlic, and pepper.
- ☐ Mix well. Using your hands, form small, thin cakes about 2 1/2 inches in diameter.
- ☐ Heat oil in large skillet until very hot. Fry the cakes until golden brown, about 2 to 3 minutes per side.
- ☐ Transfer to a paper towel-lined plate.
- ☐ Serve with the Chicken Rundown.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:5.4195652889169%

Nutrients (% of daily need)

Calories: 142.84kcal (7.14%), Fat: 7.05g (10.85%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 20.45g (7.44%), Sugar: 11.75g (13.06%), Cholesterol: 0mg (0%), Sodium: 901.3mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 32.07µg (30.54%), Vitamin A: 759.21IU (15.18%), Vitamin C: 12.41mg (15.04%), Potassium: 329.54mg (9.42%), Vitamin B6: 0.17mg (8.26%), Magnesium: 24.52mg (6.13%), Manganese: 0.12mg (5.9%), Fiber: 1.18g (4.71%), Vitamin E: 0.56mg (3.72%), Folate: 14.79µg (3.7%), Vitamin B2: 0.05mg (3.03%), Vitamin B1: 0.04mg (2.81%), Phosphorus: 27.44mg (2.74%), Copper: 0.05mg (2.63%), Iron: 0.42mg (2.34%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.2mg (2.04%), Calcium: 18.14mg (1.81%), Selenium: 1.04µg (1.49%)