



Plantain Fritters (Aranitas)

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 4 garlic cloves
- ☐ 1 pinch kosher salt plus more for seasoning
- ☐ 3 large plantains green grated peeled
- ☐ 4 servings vegetable oil for frying

Equipment

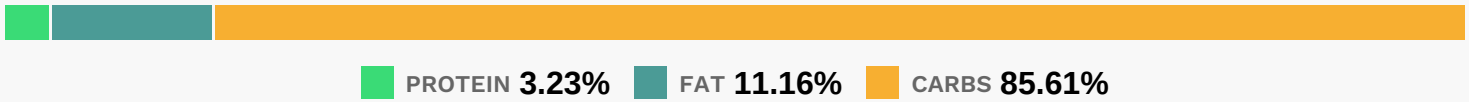
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Heat 2-inches of oil to 350 degrees F in a heavy skillet or deep pot over medium-high heat. Line a plate with paper towels and set aside.
- ☐ While the oil warms, place the garlic cloves on a cutting board. Slice the cloves in half lengthwise and then smash with the side of a chef's knife.
- ☐ Sprinkle a pinch of salt over the garlic and chop and smear the garlic against the cutting board until it makes a paste.
- ☐ Place the grated plantains, garlic paste, and pepper in a large bowl and mix until combined. Using 2 tablespoons scoop out some of the mixture and press it flat with the back of the other spoon. Gently slide it in the hot oil, adding enough balls to fill the pan without overcrowding it. Fry until golden, for 4 to 5 minutes on each side (if the fritters get dark too quickly, lower the temperature of the oil). Using a slotted spoon or frying spider, transfer the arancinis to the paper towel-lined plate to drain.
- ☐ Sprinkle with some more salt and the cilantro and serve warm.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:7.268260927304%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 233.76kcal (11.69%), Fat: 2.92g (4.49%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 47.29g (17.2%), Sugar: 3.11g (3.46%), Cholesterol: 0mg (0%), Sodium: 13.36mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin C: 28.32mg (34.33%), Potassium: 597.19mg (17.06%), Magnesium: 56.22mg (14.06%), Fiber: 3.07g (12.28%), Manganese: 0.21mg (10.68%), Folate: 38.32µg (9.58%), Vitamin B1: 0.14mg (9.4%), Copper: 0.17mg (8.41%), Vitamin B2: 0.14mg (8.2%), Vitamin K: 8.46µg (8.06%), Vitamin B5: 0.74mg (7.37%), Vitamin B6: 0.13mg (6.65%), Iron: 1.09mg (6.03%), Phosphorus: 46.85mg (4.68%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.28mg (1.88%), Vitamin E: 0.26mg (1.72%), Vitamin A: 68.3IU (1.37%)