



Plantain Toffee Balls

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



429 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 tablespoon coconut flakes
- 1 tablespoon coconut flakes
- 4 tablespoons coconut milk
- 3 tablespoons flour
- 1 plantains
- 3.5 tablespoons sugar
- 1 teaspoon vanilla

4 tablespoons water

Equipment

baking sheet

oven

pot

candy thermometer

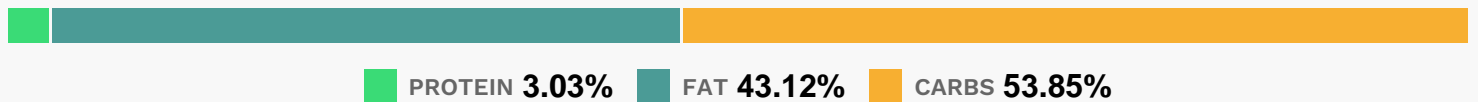
Directions

Peel and mash your plantain till soft.

Mix it with the flour, form mini balls and place in the oven to bake for about 20–25 minutes. Please note the plantain mix will still be moist so use a spoon to help form the balls if you are having difficulty with that. Make sure to drizzle oil on the baking sheet so it does not stick to the sheet when it begins to caramelize. If you do not have an oven you can choose to fry the plantain balls as well. I have not tried the frying method but make sure to dab off the excess oil from the plantain. In a separate pot, on very low heat, melt the butter and pour in the sugar, vanilla, milk and water and stir. Leave it on very low heat throughout. Stir once in a while and if you have a candy thermometer, it is ready at 240F. If you do not, the toffee base is ready when it turns light brown like a caramel colour. Dip the plantain balls and swirl and place on a plate to cool. While its still warm, sprinkle your toppings on it. In this case, my toppings were coconut flakes.

Serve when it's cool.

Nutrition Facts



Properties

Glycemic Index:146.05, Glycemic Load:21.69, Inflammation Score:-8, Nutrition Score:10.560434782609%

Taste

Sweetness: 100%, Saltiness: 6.46%, Sourness: 5.08%, Bitterness: 8.79%, Savoriness: 2.01%, Fattiness: 48.24%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 429.23kcal (21.46%), Fat: 21.47g (33.03%), Saturated Fat: 15.75g (98.43%), Carbohydrates: 60.34g (20.11%), Net Carbohydrates: 57.7g (20.98%), Sugar: 37.28g (41.42%), Cholesterol: 30.1mg (10.03%), Sodium: 101.47mg (4.41%), Alcohol: 0.69g (3.82%), Protein: 3.4g (6.79%), Manganese: 0.58mg (28.93%), Vitamin A: 1361.21IU (27.22%), Vitamin K: 26.8µg (25.53%), Vitamin C: 16.84mg (20.42%), Potassium: 547.79mg (15.65%), Magnesium: 53.82mg (13.45%), Vitamin B6: 0.25mg (12.29%), Iron: 2.19mg (12.14%), Folate: 45.35µg (11.34%), Fiber: 2.64g (10.56%), Vitamin B1: 0.15mg (10.29%), Copper: 0.2mg (9.84%), Selenium: 6.35µg (9.07%), Phosphorus: 83.37mg (8.34%), Vitamin B2: 0.14mg (8.19%), Vitamin B3: 1.5mg (7.51%), Vitamin B5: 0.42mg (4.2%), Zinc: 0.54mg (3.58%), Vitamin E: 0.35mg (2.36%), Calcium: 15.76mg (1.58%)