



Plantains with Sweet 'n Hot Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bananas ripe mashed
- 4 oz philadelphia cream cheese softened ()
- 0.5 tsp ground nutmeg
- 1 habanero pepper whole deveined seeded finely chopped
- 2 cups oil
- 1.5 lb plantains green peeled

Equipment

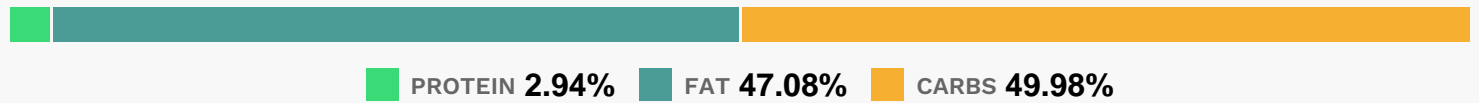
- frying pan

- paper towels
- sauce pan
- rolling pin

Directions

- Mix cream cheese, bananas, peppers and nutmeg until well blended; set aside.
- Heat oil in large heavy saucepan to 375F.
- Add plantains, in batches; fry 2 minutes.
- Drain on paper towels; cool. Smash each plantain with the bottom of heavy pan or with a rolling pin. Return plantain slices to the hot oil; fry an additional 1 to 2 minutes or until golden brown.
- Drain on paper towels.
- Serve with the cream cheese sauce.

Nutrition Facts



Properties

Glycemic Index:7.87, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:2.2434782508923%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 97.72kcal (4.89%), Fat: 5.21g (8.02%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 11.59g (4.21%), Sugar: 1.98g (2.2%), Cholesterol: 4.58mg (1.53%), Sodium: 14.92mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 6.89mg (8.36%), Potassium: 158.52mg (4.53%), Vitamin E: 0.68mg (4.52%), Magnesium: 14.29mg (3.57%), Fiber: 0.86g (3.44%), Vitamin B6: 0.06mg (2.92%), Manganese: 0.06mg (2.88%), Vitamin B2: 0.04mg (2.64%), Vitamin K: 2.75µg (2.62%), Folate: 10.04µg (2.51%), Vitamin B1: 0.03mg (2.11%), Copper: 0.04mg (2.04%), Vitamin B5: 0.2mg (2.02%), Phosphorus: 15.63mg (1.56%), Vitamin A: 70.81IU (1.42%), Iron: 0.24mg (1.33%), Vitamin B3: 0.22mg (1.11%)