



Ripe Plantain Balls (Buñuelos de Plátano Maduro)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



15

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup guava paste diced
- ☐ 0.3 cup mozzarella cheese diced
- ☐ 3 plantains very ripe
- ☐ 15 servings vegetable oil for frying

Equipment

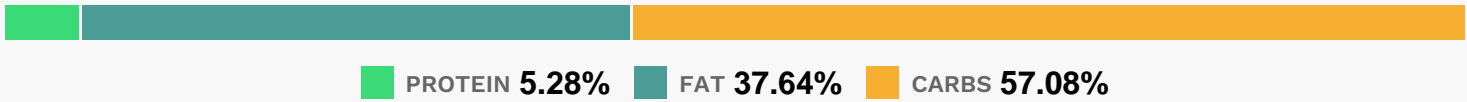
- ☐ paper towels
- ☐ pot

- ☐ potato masher
- ☐ slotted spoon

Directions

- ☐ Cut the plantains in half, but don't peel.
- ☐ Place the plantains in a medium pot and cover with water. Cook over medium heat for about 8 – 10 minutes.
- ☐ Remove the plantains from the water and peel. Mash with a potato masher or a fork. Form 15 balls of about 1 ½ to 2 tablespoons of plantain mash. Flatten them with your hands and place 1 piece of guava paste and 1 piece of cheese in the center. Form the ball again and place in a heavy pot with hot oil, over medium high heat. Fry for about 4 minutes turning over once, until golden brown. Using a slotted spoon, transfer to a plate lined with paper towels to absorb the oil.
- ☐ Serve hot and sprinkle with sugar if you like.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:3.5756522005667%

Nutrients (% of daily need)

Calories: 78.39kcal (3.92%), Fat: 3.52g (5.41%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 12g (4%), Net Carbohydrates: 11.19g (4.07%), Sugar: 6.62g (7.35%), Cholesterol: 1.97mg (0.66%), Sodium: 17.11mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin C: 14.95mg (18.12%), Vitamin K: 15.61µg (14.87%), Vitamin A: 444.24IU (8.88%), Potassium: 191.53mg (5.47%), Vitamin B6: 0.09mg (4.58%), Magnesium: 14.19mg (3.55%), Fiber: 0.81g (3.23%), Manganese: 0.06mg (2.89%), Folate: 9.85µg (2.46%), Phosphorus: 21.73mg (2.17%), Vitamin B2: 0.04mg (2.1%), Copper: 0.04mg (1.76%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.03mg (1.69%), Calcium: 14.3mg (1.43%), Vitamin B3: 0.28mg (1.41%), Selenium: 0.98µg (1.4%), Vitamin B5: 0.13mg (1.27%), Iron: 0.22mg (1.21%)