



Roasted Plantains



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 3 pounds plantains ripe (5; see notes)
- ☐ 0.5 teaspoon salt

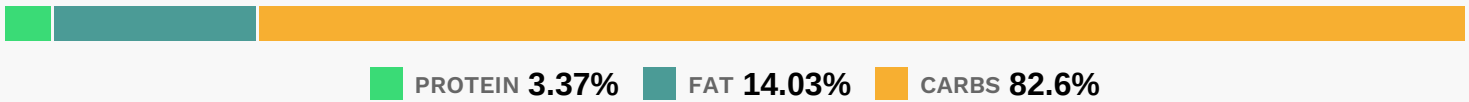
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Peel plantains and slice diagonally 1/4 inch thick.
- ☐ Pour oil into a 12- by 15-inch baking pan; add plantains and 1/2 teaspoon salt and mix to coat.
- ☐ Transfer half the plantains to a second 12- by 15-inch baking pan and spread slices in both pans into a single layer.
- ☐ Bake in a 400 regular or convection oven, turning plantains occasionally with a wide spatula, until browned on the outside and tender when pierced, 15 to 20 minutes; switch pan positions halfway through baking.
- ☐ Serve plantains warm.
- ☐ Add more salt to taste.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:9.3278261125088%

Nutrients (% of daily need)

Calories: 190.77kcal (9.54%), Fat: 3.28g (5.04%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 41.1g (14.94%), Sugar: 23.81g (26.46%), Cholesterol: 0mg (0%), Sodium: 121.72mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 39.21µg (37.34%), Vitamin A: 1537.68IU (30.75%), Vitamin C: 25.04mg (30.35%), Potassium: 662.72mg (18.93%), Vitamin B6: 0.33mg (16.47%), Magnesium: 48.99mg (12.25%), Manganese: 0.2mg (9.81%), Fiber: 2.31g (9.25%), Folate: 29.94µg (7.48%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.08mg (5.62%), Copper: 0.1mg (5.04%), Vitamin B3: 0.91mg (4.57%), Phosphorus: 43.54mg (4.35%), Iron: 0.75mg (4.17%), Vitamin B5: 0.41mg (4.08%), Vitamin E: 0.44mg (2.93%), Selenium: 2.04µg (2.92%), Zinc: 0.26mg (1.73%)