



Sautéed Plantains



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 4 servings kosher salt
- 2 over-ripe plantain ripe
- 4 tablespoons butter unsalted ()

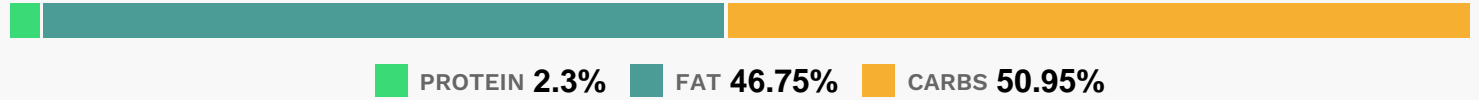
Equipment

- frying pan
- paper towels

Directions

- Peel plantains and quarter lengthwise so you have 4 long pieces. Slice the eight strips into 1-inch pieces. Melt the butter in a large frying pan over medium heat until foaming.
- Add the plantains and sauté until golden brown. Season with salt and pepper and remove them to a paper towel to drain.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:6.7073912503927%

Nutrients (% of daily need)

Calories: 209.82kcal (10.49%), Fat: 11.67g (17.96%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 27.08g (9.85%), Sugar: 15.67g (17.41%), Cholesterol: 30.1mg (10.03%), Sodium: 198.93mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin A: 1361.76IU (27.24%), Vitamin K: 26.92µg (25.64%), Vitamin C: 16.47mg (19.96%), Potassium: 440.59mg (12.59%), Vitamin B6: 0.22mg (10.87%), Magnesium: 32.68mg (8.17%), Manganese: 0.14mg (7.13%), Fiber: 1.55g (6.19%), Folate: 20.13µg (5.03%), Vitamin B2: 0.07mg (4.29%), Vitamin B1: 0.06mg (3.75%), Copper: 0.07mg (3.5%), Phosphorus: 32.16mg (3.22%), Vitamin B3: 0.61mg (3.04%), Vitamin B5: 0.29mg (2.85%), Iron: 0.51mg (2.81%), Vitamin E: 0.33mg (2.17%), Selenium: 1.49µg (2.13%), Vitamin D: 0.21µg (1.4%), Zinc: 0.18mg (1.23%)