



Sweet Plantain Fritters



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons brown sugar light
- ☐ 0.1 teaspoon salt
- ☐ 2 cups vegetable oil

☐ 0.5 cup water

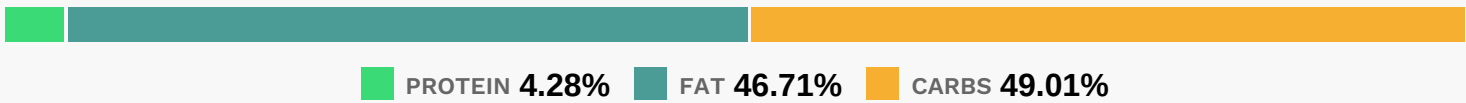
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Whisk together flour, brown sugar, baking powder, and salt in a large bowl, then add water and egg and whisk until batter is smooth.
- ☐ Peel plantains and cut on a slight diagonal into 1/2-inch pieces. Stir into batter to coat well.
- ☐ Stir together granulated sugar and cinnamon in a shallow bowl.
- ☐ Heat 1/2 inch oil in a 10-inch heavy skillet over moderate heat until thermometer registers 340°F. (See cooks' note, below.) Fry plantain slices in batches of 6 (don't crowd them) until bottoms are golden, about 45 seconds, then turn over and fry until other side of each is golden, 30 to 45 seconds more.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ While still warm, toss each batch in sugar mixture until coated, then transfer to a platter.
- ☐ Serve hot or warm.
- ☐ To take the temperature of a shallow amount of oil with a metal flat-framed deep-fat thermometer, put bulb of thermometer in skillet and turn thermometer facedown, resting other end (not plastic handle) against rim of skillet. Check temperature frequently.

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:23.31, Inflammation Score:-2, Nutrition Score:5.5191304506329%

Nutrients (% of daily need)

Calories: 296.36kcal (14.82%), Fat: 15.59g (23.98%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 36.15g (13.14%), Sugar: 20.6g (22.89%), Cholesterol: 31mg (10.33%), Sodium: 133.65mg (5.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin K: 26.87µg (25.59%), Selenium: 9.78µg (13.96%), Vitamin B1: 0.17mg (11.13%), Folate: 42.09µg (10.52%), Manganese: 0.18mg (8.85%), Vitamin E: 1.29mg (8.62%), Vitamin B2: 0.14mg (8.48%), Iron: 1.24mg (6.89%), Vitamin B3: 1.24mg (6.21%), Phosphorus: 53.87mg (5.39%), Calcium: 52.74mg (5.27%), Fiber: 0.65g (2.61%), Vitamin B5: 0.22mg (2.25%), Copper: 0.04mg (2.14%), Zinc: 0.26mg (1.74%), Magnesium: 6.42mg (1.61%), Vitamin B6: 0.03mg (1.26%), Vitamin B12: 0.07µg (1.24%), Potassium: 40.31mg (1.15%), Vitamin D: 0.17µg (1.11%)