



## Tostones



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



13

CALORIES



110 kcal

SIDE DISH

## Ingredients



1 plantains green peeled (unripe)



3 cups vegetable oil



1 teaspoon salt

## Equipment



frying pan



paper towels



tongs

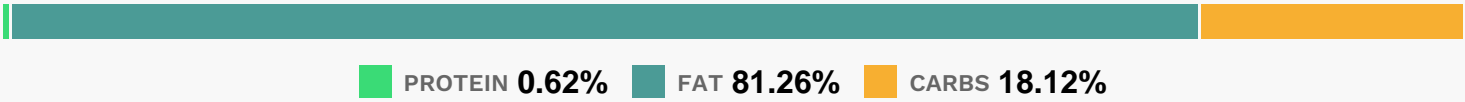


deep fryer

# Directions

- ☐ In deep 12-inch skillet or deep fryer, heat oil to 375°F over medium-high heat. Slice plantain into 1/2-inch pieces. With tongs, carefully place sliced plantains in hot oil. Cook 1 to 1 1/2 minutes, turning frequently. (Cook ripe plantains 45 seconds to 1 minute.)
- ☐ Remove from hot oil, and place on paper towels. Using tostonera or the bottom of glass, press each plantain slice to about 1/8-inch thickness. (Press ripe plantains to 1/4-inch thickness.)
- ☐ Return pressed plantains to hot oil. Cook a few at a time, turning frequently, until golden yellow and crispy.
- ☐ Drain on paper towels.
- ☐ Sprinkle evenly with salt.

# Nutrition Facts



# Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6473913267255%

# Nutrients (% of daily need)

Calories: 109.87kcal (5.49%), Fat: 10.07g (15.49%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.32g (0.35%), Cholesterol: 0mg (0%), Sodium: 179.16mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin K: 18.5µg (17.62%), Vitamin E: 0.82mg (5.49%), Vitamin C: 2.78mg (3.37%), Potassium: 59.38mg (1.7%), Magnesium: 5.65mg (1.41%), Fiber: 0.3g (1.21%)