



Tostones (Twice Fried Green Plantains) with Mayo-Ketchup Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



655 kcal

SIDE DISH

Ingredients

- 3 cups canola oil for frying
- 1 large clove garlic pressed
- 1 pinch garlic salt
- 0.5 cup catsup
- 0.5 cup mayonnaise
- 2 plantains green peeled cut into 1 1/2-inch chunks

Equipment

- bowl
- paper towels
- sauce pan

Directions

- Combine the mayonnaise, ketchup, and garlic in a small bowl. Cover and refrigerate for at least 30 minutes before serving.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Fry plantain chunks until golden but not browned, 5 to 7 minutes.
- Drain on a plate lined with paper towels. Allow the plantains to cool slightly, then smash each piece of plantain in a tostonero or with the bottom of a clean can. Fry the flattened plantains a second time until golden and crisp, 5 to 7 minutes more. Season with garlic salt.

Nutrition Facts

PROTEIN 1.05% **FAT 73.99%** **CARBS 24.96%**

Properties

Glycemic Index:20, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:10.485652345678%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 654.88kcal (32.74%), Fat: 54.64g (84.06%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 39.4g (14.33%), Sugar: 8.61g (9.56%), Cholesterol: 11.76mg (3.92%), Sodium: 461.51mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Vitamin K: 70.51µg (67.15%), Vitamin E: 7.24mg (48.25%), Vitamin C: 19.54mg (23.69%), Potassium: 478.65mg (13.68%), Magnesium: 41.06mg (10.27%), Vitamin B2: 0.15mg (8.56%), Fiber: 2.07g (8.3%), Folate: 29.18µg (7.3%), Manganese: 0.14mg (7.09%), Copper: 0.14mg (6.84%), Vitamin B1: 0.1mg (6.47%), Vitamin B6: 0.12mg (6.08%), Vitamin B5: 0.54mg (5.41%), Iron: 0.85mg (4.71%), Vitamin B3: 0.93mg (4.63%), Phosphorus: 42.57mg (4.26%), Vitamin A: 172.17IU (3.44%), Zinc: 0.26mg (1.75%), Selenium: 0.96µg (1.37%)