



Tostones with Roasted Garlic Mayo



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



27 kcal

SIDE DISH

Ingredients



2 ingredients: plantains green peeled sliced into 1/2-1 inch pieces)oil for fryingsalt to taste1 head roasted garlic (squeezed)1/2 cup mayonnaise

Equipment



paper towels

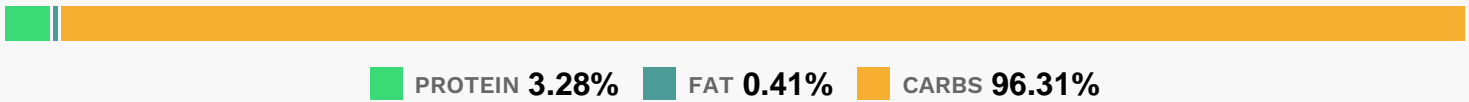
Directions



Heat the oil to 350F.

- ☐ Add the plantains and fry until semi soft and golden brown, about 1–2 minutes per side.
- ☐ Remove from oil and drain on paper towels.
- ☐ Press the plantains into thin 'chips'.
- ☐ Fry the plantains a second time until crisp and brown, about 3 minutes.
- ☐ Remove from oil, drain on paper towels and sprinkle with salt.
- ☐ Mix the roasted garlic into the mayonnaise and serve as a dipping sauce with the tostones.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.83130435807549%

Nutrients (% of daily need)

Calories: 27.21kcal (1.36%), Fat: 0.01g (0.02%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.18g (2.25%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 0.36mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin C: 3.62mg (4.38%), Potassium: 77.15mg (2.2%), Magnesium: 7.34mg (1.83%), Fiber: 0.39g (1.58%), Folate: 5.01µg (1.25%), Vitamin B1: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.05%), Copper: 0.02mg (1.04%)