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## Spicy Plantain Salad ♦

Spicy Plantain Salad is a delicious vegan salad made with ripe plantains, mixed greens, and a spicy dressing. It is a popular dish in Caribbean cuisine and is often served as a side dish or a light meal. The ripe plantains add a natural sweetness to the salad, while the spicy dressing gives it a kick of heat. This salad is packed with flavor and nutrients, making it a healthy and satisfying option for vegans and vegetarians.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

<b>400 g</b>	Ripe Plantains
<b>200 g</b>	Mixed Greens
<b>50 g</b>	red onion
<b>150 g</b>	Cherry Tomatoes

<b>20 g</b>	Cilantro
<b>30 ml</b>	lime juice
<b>30 ml</b>	olive oil
<b>2 cloves</b>	garlic
<b>1 tsp</b>	red pepper flakes
<b>0.5 tsp</b>	salt

## Directions

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### Step 1

Cut

Peel and slice the ripe plantains.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Frying

Heat olive oil in a pan and fry the plantain slices until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

#### Mixing

In a large bowl, combine the mixed greens, sliced red onion, cherry tomatoes, and cilantro.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Whipping

In a small bowl, whisk together lime juice, minced garlic, red pepper flakes, olive oil, and salt to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Mixing

Pour the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 6

#### Plating

Top the salad with the fried plantain slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 7

Serving

Serve the spicy plantain salad and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 3 g

**Carbohydrates:** 25 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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