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Fried Plantains with Sour Cream ♦

Fried Plantains with Sour Cream is a delicious and easy-to-make dish that is popular in many Latin American countries. It is made by frying ripe plantains until they are golden brown and crispy, and then serving them with a dollop of tangy sour cream. This dish can be enjoyed as a snack, a side dish, or even as a dessert. The combination of the sweet and savory flavors is sure to please your taste buds!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

600 g	Ripe Plantains
250 ml	vegetable oil
200 g	sour cream
1 tsp	Salt

Directions

Step 1

Cutting

Peel the plantains and cut them into diagonal slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Frying

Heat the vegetable oil in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Frying

Fry the plantain slices in the hot oil until they are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Draining

Remove the fried plantains from the pan and drain them on a paper towel to remove excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle the fried plantains with salt to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the fried plantains with a dollop of sour cream.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 13 g

Protein: 2 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	19 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	13 g	46.43%	52%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	450 mg	13.24%	17.31%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Snack

Lunch

Supper

Difficulty Level

Medium

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