

Puerto Rican Tostones (Fried Plantains)

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/plantain-puerto-rican-recipe>

Ingredients:

- 5 tablespoons oil for frying
- 1 plantains peeled and broken into chunks
- 3 cups cold water
- salt to taste

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 29 grams
3. Fat: 35 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 3 grams
7. Sodium: 410 milligrams
8. Sugar: 13 grams

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