

Jamaican Plantain Tarts

Yield: 25 min
Total Time: 425 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-plantain-tart-recipe>

Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1/4 cup butter cold, cut into 1/2 inch pieces
- 3 tablespoons shortening chilled and diced
- 1 egg beaten
- 1 tablespoon cold water ice-
- 3 plantains very ripe, black
- 1/4 cup white sugar
- 1 teaspoon vanilla extract
- 1 teaspoon grated nutmeg
- 2 drops red food coloring optional
- 1 egg white beaten
- white sugar for decoration, optional

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 15 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 115 milligrams
9. Sugar: 5 grams

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