

# Tostones ( Twice fried plantains)

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/tostones-rellenos-stuffed-plantain-cups-recipes>

## Ingredients:

- tostones
- 2 plantains unripe
- salt seasoned, garlic salt
- freshly ground pepper
- oil for deep-frying
- guacamole Pineapple
- 2 avocado large, cut in half, pits removed
- 1 can crushed pineapple packed in juice
- 1 clove garlic minced
- 1/4 cup jalapenos minced
- 1/4 cup red onion minced
- 1/2 lime or lemon
- 1/4 cup chopped cilantro
- 1/4 teaspoon cumin
- 1 tablespoon olive oil extra virgin
- salt to taste

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 58 grams
3. Fat: 27 grams
4. Fiber: 13 grams
5. Protein: 5 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 530 milligrams
8. Sugar: 24 grams

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