Plantain Chips

**U.S.**
- 2 each Plantains, green/ under-ripe
- 1 Tbsp Olive Oil
- 1 tsp Seasoning, no salt added
- To Taste Black Pepper, ground

**Metric**
- 2 each
- 15 ml
- 4.7 g
- To Taste

**Preparation:**
1. Gather all ingredients and equipment.
2. Peel plantains using a vegetable peeler. Next, thinly slice the plantains. Place slices into a bowl and toss with olive oil, no salt added seasoning of choice, and pepper.
3. Line a baking sheet with parchment paper. Place plantain chips in an even layer on the tray, using a second tray if necessary.
4. Bake in the oven for 7 minutes, then flip chips and cook for another 5-7 minutes, until plantains are crispy.

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**Nutrition Facts**

**Serving size**
- **U.S.**: 2 each Plantains, green/ under-ripe, 1 Tbsp Olive Oil, 1 tsp Seasoning, no salt added, To Taste Black Pepper, ground
- **Metric**: 2 each, 15 ml, 4.7 g, To Taste

**Servings**: 4

**1/4 recipe**

- **Calories**: 120
- **Calories from Fat**: 35
- **Total Fat**: 4 g
- **Saturated Fat**: 0 g
- **Trans Fat**: 0 g
- **Monounsaturated Fat**: 0 g
- **Cholesterol**: 0 mg
- **Sodium**: 122 mg
- **Carbohydrates**: 24 g
- **Dietary Fiber**: 2 g
- **Sugars**: 11 g
- **Protein**: 1 g
- **Vitamin A**: 36 %
- **Calcium**: 0 %
- **Vitamin C**: 22 %
- **Iron**: 2 %

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Phosphorous 0 mg