



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.

Nutrition Facts

Serving size **1/4 recipe**
Servings **4**

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 %

Phosphorous 0 mg