



Alcapurria– Plantain Fritters



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made with plantains (green bananas), taro root, ground beef, alcaparrado (a mix of olives, pimientos and capers), sofrito sauce and vegetable oil

Nutrition Facts/Datos de Nutrición	
Serv. Size/Tamaño por Ración 1 alcapurria	
Servings/Raciones por Envase	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 380.1	Fat cal./Calorías de Grasa 82
% Daily Value* /% Valor Diario*	
Total Fat/Grasa Total 9.2 g	14%
Saturated Fat/Grasa Saturada 3.5g	17%
Trans Fat/Grasa Trans 1 g	
Polyunsat. Fat/ Grasa Poliinsat. 0 g	
Monounsat. Fat/Grasa Monoinsat. 4 g	
Cholesterol/Colesterol 38.5 mg	12%
Sodium/Sodio 1214.1 mg	50%
Potassium/Potasio	
Total Carb./Carbohidrato Total 63.6 g	21%
Fiber/Fibra 8.3 g	33%
Sugars/Azúcares 18.4 g	
Protein/Proteínas 13.8 g	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://www.food.com/recipe/alcapurrias-381814>

Photo: http://farm3.static.flickr.com/2517/4187256677_77fe846b06_o.jpg

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