



Mofongo - Smashed Garlic Plantains



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made with green plantains, beef stock or chicken stock, oil (for deep frying), pork cracklings (chicharrones) or slices thick bacon or salt pork, chopped garlic, chopped fresh cilantro

Nutrition Facts/Datos de Nutrición	
Serv. Size/Tamaño por Ración	421g
Servings/Raciones por Envase	4
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 238.2	Fat cal./Calorías de Grasa 10
% Daily Value* /% Valor Diario*	
Total Fat/Grasa Total 1.2g	1%
Saturated Fat/Grasa Saturada 0.5g	2%
Trans Fat/Grasa Trans 0g	
Polyunsat. Fat/ Grasa Poliinsat. 0.1g	
Monounsat. Fat/Grasa Monoinsat. 0.2g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 789.9mg	32%
Potassium/Potasio 1031.1mg	29%
Total Carb./Carbohidrato Total 57.8g	19%
Fiber/Fibra 4.1g	16%
Sugars/Azúcares 26.8g	
Protein/Proteínas 5.2g	

Foods can be prepared in different ways.

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

Nutrient Facts: <http://www.food.com/recipe/smashed-garlic-plantains-mofongo-154534>

Photo: <http://micocinavegetariana.com/mofongo-vegetariano/>

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