

## Modified Plantain Chips



✓ Vegetarian

**Provides 3 servings.** Preparation time is 20 minutes

### Ingredients:

- 1 Medium green plantain
- 5 Sprays olive oil spray
- A pinch of salt (0.25g)
- 1/2 tsp chilli powder

### Preparation method:

Preheat your oven to 300°F (150°C). Peel, rinse and wipe dry the plantain. Cut the plantain into thin round slices and toss in a bowl with olive oil spray, salt and paper. Line a baking sheet with parchment paper and spread out the plantain slices in a single layer. Bake (or air fry ) for 15 minutes or until light golden brown. Cool and serve.

Each 55g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
331kJ 78kcal	1.3g	0.2g	3g	0.15g
4%	2%	1%	3%	3%

of an adult's reference intake

### Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	142kcal/601kJ
Total Fat (g) <i>of which saturated fatty acids (g)</i>	2.4 0.4
Carbohydrates (g) <i>of which sugars (g)</i>	28 5.5
Dietary fibre (g)	2.4
Protein (g)	1.5
Salt (g)	0.28