

Basic Report 09446, Plantains, green, fried [a](#)

Report Date: July 22, 2019 18:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 118g	10.0 slices (1/4" thick) 53g
Proximates				
Water	g	36.08	42.57	19.12
Energy	kcal	309	365	164
Protein	g	1.50	1.77	0.80
Total lipid (fat)	g	11.81	13.94	6.26
Carbohydrate, by difference	g	49.17	58.02	26.06
Fiber, total dietary	g	3.5	4.1	1.9
Sugars, total	g	3.63	4.28	1.92
Minerals				
Calcium, Ca	mg	4	5	2
Iron, Fe	mg	0.67	0.79	0.36
Magnesium, Mg	mg	58	68	31
Phosphorus, P	mg	44	52	23
Potassium, K	mg	482	569	255
Sodium, Na	mg	2	2	1
Zinc, Zn	mg	0.23	0.27	0.12
Vitamins				
Vitamin C, total ascorbic acid	mg	3.4	4.0	1.8
Thiamin	mg	0.047	0.055	0.025
Riboflavin	mg	0.102	0.120	0.054
Niacin	mg	0.818	0.965	0.434
Vitamin B-6	mg	0.264	0.312	0.140
Vitamin A, RAE	µg	60	71	32
Vitamin A, IU	IU	1192	1407	632
Lipids				
Fatty acids, total saturated	g	3.690	4.354	1.956

Nutrient	Unit	1 Value Per100 g	1 cup 118g	10.0 slices (1/4" thick) 53g
Fatty acids, total monounsaturated	g	4.353	5.137	2.307
Fatty acids, total polyunsaturated	g	2.697	3.182	1.429
Fatty acids, total trans	g	0.159	0.188	0.084

Amino Acids

Other

Footnotes

^a Fatty acid values reflect plantains fried in corn oil.