

**Basic Report 09447, Plantains, yellow, fried, Latino restaurant**

**Report Date: July 16, 2019 02:42 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 169g</b>
<b>Proximates</b>			
Water	g	49.04	82.88
Energy	kcal	236	399
Protein	g	1.42	2.40
Total lipid (fat)	g	7.51	12.69
Carbohydrate, by difference	g	40.77	68.90
Fiber, total dietary	g	3.2	5.4
Sugars, total	g	21.76	36.77
<b>Minerals</b>			
Calcium, Ca	mg	6	10
Iron, Fe	mg	0.62	1.05
Magnesium, Mg	mg	45	76
Phosphorus, P	mg	43	73
Potassium, K	mg	507	857
Sodium, Na	mg	6	10
Zinc, Zn	mg	0.24	0.41
<b>Vitamins</b>			
Thiamin	mg	0.070	0.118
Riboflavin	mg	0.020	0.034
Niacin	mg	0.837	1.415
Vitamin B-6	mg	0.290	0.490
Vitamin A, RAE	µg	66	112
Vitamin A, IU	IU	1318	2227
Vitamin E (alpha-tocopherol)	mg	1.10	1.86
Vitamin K (phylloquinone)	µg	31.8	53.7
<b>Lipids</b>			
Fatty acids, total saturated	g	1.816	3.069

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Fatty acids, total monounsaturated	g	2.319	3.919
Fatty acids, total polyunsaturated	g	2.275	3.845
Fatty acids, total trans	g	0.111	0.188

**Amino Acids**

**Other**