



Recipe from:
Nicaragua



INCAP
Instituto de Nutrición
de Centro América y Panamá

Nicaraguan "fritanga"

1 serving

Ingredientes

500 grams

1 unit

1/2 cup

150 grams

150 grams

Raw beef (sirloin or flank steak), Raw chicken (drumstick and thigh, or breast and wing) or Raw pork (loin or pork roast)
Green or ripe plantain, sliced
Cabbage salad with tomato and grated carrot (dressed with vinegar and salt)
Cheese for frying
Gallo pinto (rice and beans)

Utensils

Medium bowl
Grill or griddle for roasting
Knife
Cutting board
Frying pan (skillet)

Preparation

1. Marinate the meat: A few hours before grilling, season the meat with sour orange juice, garlic, and salt. If using pork or chicken, add annatto (achiote) to the marinade as well.
2. Grill the meat until it is fully cooked and nicely browned.
3. Fry the plantain slices until golden brown.
4. Fry the cheese until it develops a golden crust on the outside.
5. Serve the dish with a portion of gallopinto, the grilled meat, fried plantain slices, fried cheese, and cabbage salad.



Nicaraguan Fritanga: Flavor Beating on Every Corner

Nicaraguan fritanga is that beloved street food that smells like the neighborhood, celebrations, and human warmth. Grilled meat and fried cheese—pride of Nicaragua’s cattle ranchers—are served with gallo pinto, fried plantain slices, and salad, creating a dish that is as simple as it is cherished. Everything is cooked to the rhythm of the grill and that unmistakable Nicaraguan flavor that invites people to sit down and share. Every bite tells the story of a warm and joyful Nicaragua, where cooking is made with tradition, the bounty of the land, and affection. Tasting a fritanga is experiencing the essence of the country: flavorful, generous, and full of heart.

When buying plantains and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

Check

- Look for firm plantains without bruises
- Uniform yellow peel (or with a few spots, depending on the desired ripeness)
- Avoid very hard green peels or excessively black peels

To store

- Keep in a cool place, outside the refrigerator
- Separate them from the bunch to slow down ripening
- If already ripe: refrigerate to extend their shelf life

Information available in The Fruits of Identity: Book of Fruits of Central America and the Dominican Republic. **Request your copy here.**

Nutritional information

Estimated nutritional value per serving

Calculations performed with NutriNCAP
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)
403.92	24.45	91.34	1.66	34.98	304.07	2.29	0.13	35.92	8.62	0.97	0.34	5.16	0.52	2.48	0.57	37.61	20.81	5.9	7.74	5.3

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
64.92	29.89	2.69	2.52	471.35	349	0.88	0	2.48	66.57	0.5	1.05	0.5	21.54