



Sweet Plantains

USDA Recipe for Schools

Sweet Plantains are fresh plantains baked with a ginger glaze.

NSLP/SBP CREDITING INFORMATION

3 plantains provide $\frac{3}{8}$ cup starchy vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Plantains, frozen, thawed, sliced	12 lb	1 gal 2 qt	24 lb	3 gal	<p>1 Place 3 qt (about 6 lb) plantains into a steam table pan (12" x 20" x 2½"). Spread evenly. Set aside for step 4.</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>2 Critical Control Point: Cool to 41 °F or lower within 4 hours.</p> <p>3 Melt margarine in a small stock pot uncovered over medium heat.</p> <p>4 Add sugar, water, and ginger. Stir well until sugar dissolves. Remove from heat.</p>
Margarine, trans-fat free	4 oz	½ cup	8 oz	1 cup	
Brown sugar	1 cup	8 oz	2 cups	1 lb	
Water		2 cups		1 qt	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh ginger, minced OR Ground ginger	2 oz	¼ cup	4 oz	½ cup	5 Pour 1¼ cups (about 10.7 oz) ginger mixture over each steam table pan.
		3 Tbsp		¼ cup 2 Tbsp	
					6 Bake: Conventional oven: 350 °F for 15–25 minutes. Convection oven: 325 °F for 15–20 minutes.
					7 Critical Control Point: Hold for hot service at 135 °F or higher.
					8 Serve 3 plantains.

NUTRITION INFORMATION

For 3 plantains.

NUTRIENTS	AMOUNT
Calories	114
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	19 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	6 mg
Iron	0 mg
Potassium	361 mg

N/A = data not available.

NOTES

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 13 lb 1 oz	About 26 lb 2 oz
About 1 gal 2 qt 2 1/8 cups/ 150 plantains	About 3 gal 1 qt 1/4 cup/ 300 plantains

SOURCE

USDA Standardized Recipes Project.