



# Sweet Plantains

## USDA Recipe for CACFP

Sweet Plantains are fresh plantains baked with a ginger glaze.

**CACFP CREDITING INFORMATION**  
 3 plantains provide  $\frac{3}{8}$  cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen plantains, thawed, sliced	6 lb	3 qt	12 lb	1 gal 2 qt	<p><b>1</b> 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 25 servings, use 1 pan.            For 50 servings, use 2 pans.</p> <p><b>2</b> Critical Control Point:            Cool to 40 °F or lower within 4 hours.</p> <p><b>3</b> Melt margarine in a small stock pot uncovered over medium heat.</p> <p><b>4</b> Add sugar, water, and ginger. Stir well until sugar dissolves. Remove from heat.</p>
Margarine, trans-fat free	2 oz	¼ cup	4 oz	½ cup	
Brown sugar	½ cup	4 oz	1 cup	8 oz	
Water		1 cup		2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh ginger, minced OR Ground ginger	1 oz	1 Tbsp 1½ tsp	2 oz	¼ cup  3 Tbsp	<b>5</b> Pour 1¼ cups (about 10.7 oz) ginger mixture over each steam table pan.
					<b>6</b> Bake: Conventional oven: 350 °F for 15–25 minutes. Convection oven: 325 °F for 15–20 minutes.
					<b>7</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>8</b> Serve 3 plantains.



**NUTRITION INFORMATION**

For 3 plantains.

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

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

25 Servings	50 Servings
About 6 lb 8½ oz	About 13 lb 1 oz
About 3 qts 1 cup 1 Tbsp/75 plantains	About 1 gal 2 qts 2¼ cups/ 150 plantains