



## SWEET PLANTAINS, USDA

SERVINGS: 50 SERVINGS CALORIES: 114 KCAL

Try these fresh plantains baked with a ginger glaze as your next side dish! These plantains are soft and tender on the inside and full of great flavor!

### INGREDIENTS

12 pounds Plantains, frozen, thawed, sliced  
 4 ounces Margarine, trans fat-free  
 1 cup Sugar, brown  
 2 cups Water  
 2 ounces Ginger, fresh, minced  
 OR  
 3 tablespoons Ground ginger

### INSTRUCTIONS

1. Place 3 quarts (about 6 pounds) plantains into a steam table pan (12" x 20" x 2-1/2"). Spread evenly. Set aside for step 4.  
 For 25 servings, use 1 pan. For 50 servings, use 2 pans.
2. Melt margarine in a small stock pot uncovered over medium heat.
3. Add sugar, water, and ginger. Stir well until sugar dissolves. Remove from heat.
4. Pour 1-1/4 cups (about 10.7 ounces) ginger mixture over each steam table pan.
5. Bake:  
 Conventional oven: 350° F for 15-25 minutes.  
 Convection oven: 325° F for 15-20 minutes.
6. Serve 3 plantains.

### RECIPE NOTES

CCP: Hold for hot service at 140° F or higher.

Notes: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Crediting: 3 plantains provide 3/8 cup starchy vegetable.**

Yield 50 servings

### NUTRITION FACTS PER SERVING (3PLANTAINS)

Calories: 114 kcal | Fat: 1 g | Sodium: 19 mg | Potassium: 361 mg | Carbohydrates: 27 g | Fiber: 2 g | Sugar: 15 g | Protein: 1 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*