

Tempting Plantains



Makes:

8 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

Contributed By:

D'Gusto

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8 ripe plantains, cut into 1.5-inch (4cm) cubes
1 tablespoon
butter
(14 g)
2 tablespoons
ground cinnamon
(16 g)
1 cup
sweet cooking wine
(240 mL)
1 tablespoon
cloves
(6 g)
1 cup
brown sugar
(220 g)

Directions:

1. Preheat sauce pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, melt butter.
2. Add plantains and slightly brown.
3. Add remaining ingredients. Cover and cook until plantains are soft and a dark caramel color.

Tips:

- May substitute butter with 1 tablespoon (15 mL) coconut milk.

Nutritional Information per

▼ Serving

Calories: 406

Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 4mg
Sodium: 32mg
Total 91g
Carbs:
Dietary Fiber: 5g
Sugar: 55g
Protein: 3g
