

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 504 00

BAKED BANANAS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
169 cal	44 g	1 g	0 g	0 mg	4 mg	13 mg

Ingredient

SUGAR,BROWN,LIGHT
 WATER
 HONEY
 BANANA,FRESH

Weight

1-3/8 lbs
 2-1/8 lbs
 3 lbs
 25 lbs

Measure

1 qts 3/8 cup
 1 qts
 1 qts

Issue

38-1/2 lbs

Method

- 1 Heat brown sugar, water, and honey in a saucepan over low heat until sugar is dissolved, about 5 minutes.
- 2 Cut bananas in half crosswise. Place 25 halves into each steam table pan. Pour 3/4 cup of syrup over each pan of bananas.
- 3 Using a convection oven, bake at 350 F. for 10 minutes until lightly browned.
- 4 Serve with sauce. CCP: Hold for service at 140 F. or higher.