

'ULU PREPARATION

(Breadfruit)

Hawai'i-grown 'ulu, also called breadfruit, is an amazingly versatile staple crop that can be served as an other vegetable or whole grain equivalent. While handling fresh 'ulu can be difficult due to the fruit's short shelf life of just 3-5 days after harvest, using pre-steamed and frozen – or “recipe-ready” – 'ulu is easier to cook, available year-round and reduces prep time.

USAGE TIPS FOR RECIPE-READY 'ULU

1. Defrost frozen 'ulu in the refrigerator for 12-24 hours or steam for 5-10 minutes. *Do not overcook!*
2. Cut or chop the 'ulu into desired size.
3. If your 'ulu is not already peeled, note that the skin is edible and contains fiber and other nutrients – so it can be left on!
4. Serve 'ulu as a whole grain alternative or side vegetable.
5. If serving 'ulu as is in a side or in a salad, follow these **reheating tips** for best results!



MATURITY STAGES



METHOD	MICRO-WAVE	STEAM	BOIL	BAKE
DEFROSTED	1-2 min.	10 min.	10 min.	20 min.
FROZEN	3-4 min.	25-30 min.	15-20 min.	30-35 min.
TIPS	Cover with damp paper towel for even heating	To shorten steam time, chop into small pieces	Avoid over-boiling to retain vitamins	Wrap in foil to lock in moisture

DEFROSTED 'ULU

SOUPS & STEWS
Add during final 5-10 minutes of cooking

ROASTING
Can be oven roasted without steaming first.

6. Add toward the end of cooking; do not overcook.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g	0g	0%	Total Carbohydrate 30g
Saturated Fat 0g	0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g	0g	0%	Total Sugars 2g	
Cholesterol 0mg	0mg	0%	Includes 0g Added Sugars	0%
Sodium 60mg	60mg	3%	Protein 3g	2%
Vitamin D 0mcg (0%) • Calcium 26mg (2%) • Iron .36mg (2%) • Potassium 470mg (10%) Vitamin A (0%) • Vitamin C (2%)				

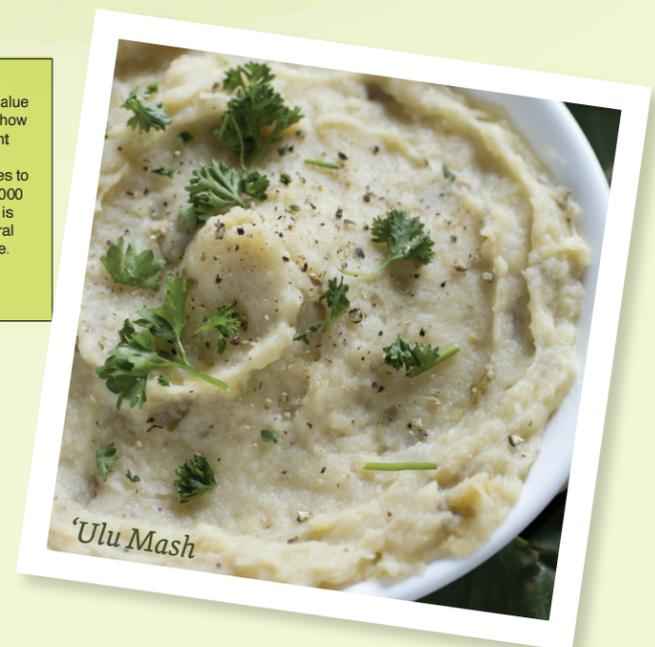
Calories 120

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HOW TO CREDIT

A ½ cup of 'ulu can be credited as EITHER a starchy vegetable OR grain serving in USDA meals in Hawai'i. 16 grams of 'ulu flour in baked goods can be credited as a 1 oz. equivalent whole grain serving.

For more info: SP 19-2024, CACFP 07-2024, SFSP 12-2024.



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