



Whole Sweet Plantain 4/6 lb

Platano verde entero

PRODUCT OF ECUADOR

40829



FROZEN VEGETABLES

IQF VEGETABLES

CARIBBEAN VEGETABLES

Product Description

- These whole plantains can be served in an array of presentations, as an appetizer, side-dish or dessert. They can also be stuffed with beef, pork, crab, lobster, duck to create a delicious sweet and savory dish.

Pack and Case Specifications

Pack Net Weight

6lb

Packs per Case

4

Case Size (LxWxH)

15.3"x 11.42"x 6.7"

Case Cube

0.68ft3

Case Gross Weight

25.12lb

Cases per Pallet

100 (10/10)

Ingredients

Ripened plantains, non-hydrogenated vegetable oils (soybean, palm).

Microbiological

TPC: ≤ 100,000 cfu/g

E.coli: ≤ 100 cfu/g

Salmonella: Absence/25g

Listeria Monocytogenes: Absence/25g

Physical

Length: 7.09" to 7.87"

Unit weight: 5.3 to 9.88 oz

Average units / Pack: 12

Organoleptic

Flavor: Sweet

Texture: Firm

Appearance: Fried ripe plantain

Nutrition

Nutrition Facts

Serving Size about 1/3 plantain (85g)
Servings Per Container about 32

Amount Per Serving
Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 300mg 9%

Total Carbohydrate 29g 10%

Dietary Fiber less than 1g 2%

Sugars 28g

Protein 1g

Vitamin A 15% • Vitamin C 10%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium 3,500mg 3,500mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Allergens

Cooking Directions

Deep Fryer

Preheat oil to 350°F (180°C) and deep-fry for 4 to 5 minutes until golden brown. Drain and serve.

Conventional Oven

Preheat oven to 350°F (180°C) and place the plantain evenly on a baking tray in a single layer. Cook for 20 minutes until golden brown.

Frying pan

Place one layer of plantains in hot oil, cook each side for about 2 minutes until golden brown. Use enough oil to cover each plantain. Drain and serve.

Certificates and Claims

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Unopened bags can be stored for 24 months. Do not thaw and refreeze.

UPC code



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La Toca Blanca is a White Toque brand.

WWW.LATOCABLANCA.COM

