



# Sliced sweet plantain 4/6lb

## Bananes plantain en rondelles IQF

PRODUCT OF ECUADOR

40819



- ▶ FROZEN VEGETABLES
- ▶ IQF VEGETABLES
- ▶ CARIBBEAN VEGETABLE

### Product Description

- These pre-fried sweet sliced plantains can be served in an array of presentations, as an appetizer, side-dish, hors d'oeuvres stuffed with seafood or dessert.

### 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

0.68ft<sup>3</sup>

Case Gross Weight

25.5lb

Cases per Pallet

100 (10/10)

### Ingredients

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

### Physical

Length: 3.54" to 4.72"  
Thickness: 0.63" to 0.87"  
Unit weight: 1.06 to 1.62 oz  
Average units / Pack: 72

### Organoleptic

Flavor: Sweet  
Texture: Firm  
Appearance: Fried ripe plantain

### Allergens

### Cooking Directions

Deep Fryer

Preheat oil to 350°F (180°C) and deep-fry for 3 to 4 minutes until golden brown. Drain and serve.

Conventional Oven

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

### Certificates and Claims

Kosher.

### 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.

### Nutrition

#### Nutrition Facts

Serving Size about 3 slices (100g)  
Servings Per Container 27

Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	

<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 350mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars 32g	
<b>Protein</b> 1g	

Vitamin A 15%	Vitamin C 10%
Calcium 2%	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.

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

### UPC code



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