



Tostónes / patacones 6/3lb

PRODUCT OF ECUADOR

40825



FROZEN VEGETABLES

IQF VEGETABLES

CARIBBEAN VEGETABLE

Product Description

- The toston is made from sliced green (unripe) plantains cut either length-wise or width-wise and are twice fried. The slices of plantains are fried for one to two minutes on each side until they are golden in color, and removed and patted for excess oil. Afterwards, they are pounded flat with a utensil made for the task, called a tostonera.

Tostón, also known as patacon can be served as an appetizer, a side dish or much like potato chips or french fries.

Pack and Case Specifications

Pack Net Weight

3lb

Packs per Case

6

Case Size (LxWxH)

15.3" x 11.42" x 6.7"

Case Cube

0.68ft³

Case Gross Weight

19.12lb

Cases per Pallet

108 (12/9)

Ingredients

Green fresh plantain, vegetable oils (soybean, palm).

Physical

Average unit weight: 0.95 oz ± 0.1 oz

Diameter: 2.36" to 3.15"

Thickness: 0.24" to 0.31"

Organoleptic

Color: Golden brown

Flavor: Typical green fried plantain

Texture: Crunchy

Appearance: Fried

Allergens

Cooking Directions

Deep Fryer

Preheat oil to 350°F (180°C). Place small amount of tostones in fryer. Deep fry for 60 to 90 seconds. Drain, add salt and serve. Add mojo salsa (garlic sauce) for an authentic caribbean dish.

Pan

Preheat oil to 350°F (180°C). Place one layer of frozen tostones on pan. Use enough oil to fully cover tostones. Fry for 60 to 90 seconds. Drain, add salt and serve.

Nutrition

Nutrition Facts

Serving Size 3 units (3.7oz) (105g)

Servings Per Container 13

Amount Per Serving

Calories 190 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 50g 17%

Dietary Fiber less than 1g 2%

Sugars 23g

Protein 1g

Vitamin A 35% • Vitamin C 35%

Calcium 2% • Iron 6%

*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

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Certificates and Claims

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Shelf-life frozen: 24 months. Keep frozen until ready to use. Do not thaw and refreeze.

UPC code



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