



# Whole sweet plantain 4/6lb

## Bananes plantain entieres

PRODUCT OF ECUADOR

40829



FROZEN VEGETABLES

IQF VEGETABLES

CARIBBEAN VEGETABLE

### 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).

### 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

### 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.

### 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

### 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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