



Whole green plantain 8/6ct

Banane plantain verte entiere

PRODUCT OF COLOMBIA

40831



FROZEN VEGETABLES

IQF VEGETABLES

CARIBBEAN VEGETABLE

Product Description

- These whole peeled green plantains are ideal to make tostones, mangú, mofongo and mariquitas. They can be incorporated in a soup or stew or mixed with beans.

Pack and Case Specifications

Pack Net Weight

6ea

Packs per Case

8

Case Size (LxWxH)

16.5"x 12.56"x 7.25"

Case Cube

0.87ft3

Case Gross Weight

18lb

Cases per Pallet

100 (10/10)

Ingredients

Uncooked whole green plantains.

Physical

Average units / Bag: 6

Nutrition

Nutrition Facts

Serving Size (140g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 440	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 53g	18%
Dietary Fiber 3g	13%
Sugars 20g	
Protein 2g	
Vitamin A 40%	Vitamin C 30%
Calcium 8%	Iron 8%
*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	

Organoleptic

Flavor: Green Plantain
Texture: Firm
Appearance: Fresh

Allergens

Cooking Directions

Deep Fryer

To make Tostones: Preheat oil to 260°F (125°C). Cut the whole plantains in cylinders and fry them for 3 mn. Drain and then press down the cylinders to form the tostones. Fry again for 1 minute or until the tostones are golden brown. Drain and serve.

Certificates and Claims

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze. Unopened bags can be stored for 12 months.

UPC code



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