40829
Whole Sweet Plantain 4/6lb



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	Packs per Case	Unit per Pack
6 lb	4	1
Case Size (LxWxH)	**Case Gross Weight**	**Cases per Pallet**
13.74 x 10.47 x 8.27	24.75	100 (10/10)
Master Case GTIN	**Case Cube**	**BBD Code**
00825414408293	0.69	

Certificates and Claims

All Natural
Gluten Free
GMO Free
Kosher
Vegan

Ingredients

RIPENED PLANTAINS, VEGETABLE OILS (SOYBEAN, PALM).

Allergens

.

Country of Origin

Product of Equador

Directions

Deep Fryer or Conventional Oven

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

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.

Physical

Length: 7.09" to 7.87"
Width: 1.38" to 1.77"
Unit weight: 5.64 to 6.70 oz
Average units / Pack: 14 to 17.

Organoleptic

Flavor: Sweet
Texture: Firm
Appearance: Fried ripe plantain

Microbiological

TPC: ? 100,000 cfu/g
E.coli: ? 100 cfu/g
Salmonella: Absence/25g
Listeria Monocytogenes: Absence/25g

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







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