

WHOLE SWEET PLANTAINS

Plátano Dulce Entero

Product of Ecuador & Colombia

Plantains are a member of the banana family. They are a starchy, low in sugar variety that is cooked before serving as it is unsuitable raw. The plantain is consumed world-wide and is a major food staple in Southeast Asia, West and Central Africa, Central America, the Caribbean Islands, and regions of South America. Its appeal comes in part from the fact that this tropical fruit grows year-round.



Product	Case Pack	Ti x Hi
FZ Whole Sweet Plantain - Food Service	4 / 6 lbs	10 x 11

Ingredients:

- ✓ Ripe Plantain and Vegetable oil.

Attributes:

- ✓ 100% Natural.
- ✓ Frozen, pre-cooked, and ready for baking or frying
- ✓ One year frozen shelf life.
- ✓ Private Label available

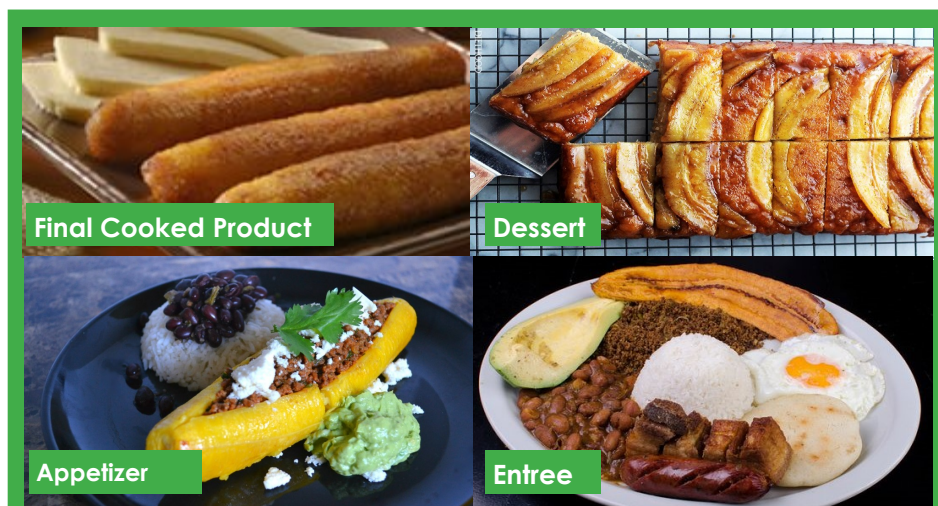
Nutrition values:

280 Calories	0g Trans fat	24g Sugar
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Certifications:



Serving options:



Markets:

- ✓ Retail
- ✓ Industrial
- ✓ Food service