

PRODUCT:

PRE FRIED FROZEN WHOLE SWEET PLANTAIN 4 x 6lbs

INGREDIENTS:

Ripe plantain, vegetable palm oil (antioxidant TBHQ)

COOKING INSTRUCTIONS:

Deep Fryer: Preheat oil to 177°C (350°F). Carefully place whole plantain one by one in oil. Cover continuously with the oil. This process takes about 10 minutes. Drain on paper towel and serve.

Conventional oven: Preheat oven to 177°C (350°F). Bake about 20 minutes or until plantains look golden.

Microwave oven: Remove plantains from bag. Heat on high setting from 3 to 3 1/2 minutes or until hot. Please note that microwaves vary.

NUTRITION FACTS

Nutrition Facts / Datos de Nutrición	
17 servings per container / 17 porciones por envase	
Serving Size:	1 unit (160g)
Tamaño por ración:	1 unidad (160g)
Amount per Serving / Cantidad por Ración:	
Calories / Calorías	280
% Daily Values / Valor Diario	
Total Fat / Grasa Total 0.5g	1%
Saturated Fat/ Grasa Saturada 0.0g	0%
Trans Fat / Acidos Grasos Trans 0.0g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 10mg	0%
Total Carbohydrates / Carbohidratos Totales 59g	21%
Dietary Fiber / Fibra Dietética 12g	43%
Total Sugar / Azúcar Total 24g	
Includes 0g Added Sugars / Incluye 0g de Azúcares Añadidos	
Protein / Proteína 0 g	
Vitamin D / Vitamina D 0mcg	0%
Calcium / Calcio 8mg	1%
Iron / Hierro 1mg	6%
Potassium / Potasio 691mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
*El % de Valor Diario (VD) indica cuánto contribuye un nutriente en una porción de alimento a la dieta diaria. Se utilizan 2,000 calorías al día como recomendación general de nutrición.	

SPECIFICATIONS

Shelf life	24 months
Storage temperature	Frozen at -18°C / -0°F
Storage conditions	Keep frozen

PACKAGING



PRODUCT



PACKAGING INFORMATION

Carton Box (Dimensions)	Length	Width	Height
	15.75"	11.81"	7.87"
Carton cube:	0.889 ft3 / 0.025 m3	PACK SIZE	
		Bags per box	4
		Weight per bag (lb)	6
		Weight per box (lb)	24
STOWAGE			
FLOOR LOADED		PALLETIZED	
Base (Ti)	8	Pallet base (Ti)	10
High (Hi)	8	Pallet high (Hi)	11
Total	64	Total boxes per pallet	110
Rows	32 + 52 cases	Total boxes per container	2200
Total boxes per container	2100		

MICROBIOLOGICAL & CHEMICAL INFORMATION

Microbiological	A. mesophiles	E. coli	Listeria M	F. coliforms	Salmonella Spp.	S. aureus
	1x10 ⁶ cfu/g	Absence/25g	Absence/25g	<10cfu/g	Absence/25g	1x10 ³ cfu/g
Chemical	Pesticides		Heavy metals			
	According to the limits of pesticides in food CODEX 32° meeting		Arsenic, lead, cadmium, mercury, copper, according to the limits of pollutants CODEX STAN 193-1995			