

# PLANTAINS

## Frozen Ripe Plantain Slices



**PRODUCT CODE:**  
0220 – 4/6 Lbs.

**PRESENTATIONS:**  
4/6 Lbs. Frozen Ripe Plantain  
Slices

**INDIVIDUAL PRESENTATION:**  
24 Lbs. (4 Bags / 6 Libras)

**INGREDIENTS:**  
Ripe plantains, vegetable oil  
(soybean or palm oil)

<b>Nutrition Facts</b>	
Serving Size 3.5 oz (100g)	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 35
% Daily Values*	
<b>Total Fat 3.5g</b>	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Potassium 35m</b>	<b>10%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 2g	8%
Sugars 24g	
<b>Protein 2g</b>	
Vitamin A 12%	Vitamin C 0%
Calcium 0%	Iron 6%
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



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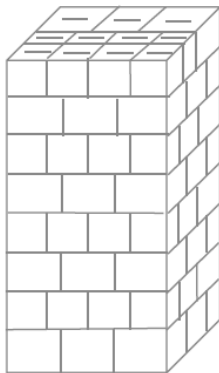


Rows 1, 3, 5, 7

1	2	3	4
5	6	7	8
9	10	11	

Rows 2, 4, 6, 8

9	10	11	
5	6	7	8
1	2	3	4



### BAG DIMENSIONS:

18" x 14"

### BOX DIMENSIONS:

13.6" x 10.4" x 6.9"

### PACKAGING:

Case: 24 lbs. (4 x 6 lbs. bags).

Bags per case: 4

Cases per layer: 11

Layer per pallet: 8

Case per pallet: 88

### HANDLING INSTRUCTIONS:

Keep frozen at 00 F (-180 C)

Shelf life of 2 years stored at 00

F (-180 C). 10 days refrigerated

at 340 to 400 (4.440 C) once

fully thawed.

### DEFROST INSTRUCTIONS:

Remove the product that you  
want to use from the freezer.

Keep 24 hrs. (Minimum) at a

refrigerated temperature.

### COOKING IN MICROWAVE:

Heat on high for approx.

3 minutes

### COOKING IN OVEN:

Preheat oven at 4000 F. Place

product in oven safe tray and

heat for approx. 12- 15 minutes

or until golden brown color.

### COOKING IN FRY

Deep fry in preheated oil at 3000

F for approx. 4 -5 minutes.