

COMIDA VIDA

590279 - Ripe Plantain Slices

Easy to prepare ripe sliced plantains. This hidden superfood is a great side to any dish.



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
470615	590279	00850057007176	4 x 6#			
Brand		Brand Owner	GPC Description			
COMIDA VIDA		0850057007008	Plantain Bananas			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
25 LBR	24 LBR	No	Honduras	Undeclared	Yes	
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.39 INH	11.54 INH	7.32 INH	0.75 FTQ	10x10	720 Days	-10 FAH / 10 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Keep frozen at 0°F +/- 10°F

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - N
- Wheat - N
- Shellfish - N
- Sesame - N
- Crustaceans - N

Nutrition Facts

134 Servings per container

Serving Size2.86 oz

Amount Per Serving

Calories140

% Daily Value*

Total Fat 2.84%

Saturated Fat 0.5 g3%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 0 mg0%

Total Carbohydrates 28 g10%

Dietary Fiber 1 g4%

Total Sugars 23 g

Includes 0 g Added Sugars%

Protein 1 g

Vitamin D 0.5 mcg0%

Calcium 3.7 mg0%

Iron 0.33 mg2%

Potassium 387 mg8%

* The % Daily Values (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.

INGREDIENTS

Ripe Plantains, Vegetable Oil (Soybean or Palm Oil).
CONTAINS: NO BIG 9 ALLERGENS

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PREPARATION & COOKING SUGGESTIONS

OVEN: Pre-heat oven at 375 °F (190°C). Place slices in a single layer in a baking sheet. Bake for 12-15 minutes or until golden brown. Serve warm.
PAN FRY/DEEP FRYER: Pre-heat enough oil at 350 °F (176°C) to cover plantain slices. Suggested frying time 3 - 4 minutes. Please take notice that the heating capacity may vary from fryer to fryer. Remove from oil and drain excess oil. Serve warm.
MICROWAVE: Place desired amount in microwave safe container, at high setting, for 3 minutes or until slices are hot. Please take notice that heating capacity varies among microwaves.

SERVING SUGGESTIONS

Perfect as a side to our burritos or tamales.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	140	Total Fat	2.8	Sodium	0 mg
Protein	1 g	Trans Fat	0 g	Calcium	3.7 mg
Total Carbohydrates	28 g	Saturated Fat	0.5 g	Iron	0.33 mg
Sugars	23 g	Added Sugars	0 g	Potassium	387 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0.5 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

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