

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	Tlx/Hi	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

## Nutrition Facts

134 Servings per container

**Serving Size** 2.86 oz

**Amount Per Serving**  
**Calories** 140

% Daily Value\*

**Total Fat** 2.8 4%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 0 mg 0%

**Total Carbohydrates** 28 g 10%

Dietary Fiber 1 g 4%

Total Sugars 23 g

Includes 0 g Added Sugars %

**Protein** 1 g

Vitamin D 0.5 mcg 0%

Calcium 3.7 mg 0%

Iron 0.33 mg 2%

Potassium 387 mg 8%

\* 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.

## 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
- Eggs - N
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

## SERVING SUGGESTIONS



Perfect as a side to our burritos or tamales.

## INGREDIENTS



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

## HANDLING SUGGESTIONS



Keep frozen at 0°F +/- 10°F

## 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.

## MORE INFORMATION





## NUTRITIONAL ANALYSIS



Calories	140
Protein	1 g
Total Carbohydrates	28 g
Sugars	23 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.8
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0.5 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	3.7 mg
Iron	0.33 mg
Potassium	387 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



## MORE IMAGES

