

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 | 11x9 | 720 Days | -10 FAH / 10 FAH |

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 Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - N
- Sesame - 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. 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 to cover plantain slices. Suggested frying time 34 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

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.

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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

