

Small Plantain Cups 4/2.5lbs

Product of Ecuador

4 - FROZEN VEGETABLES
40 - IQF VEGETABLES
408 - CARRIBEAN VEGETABLES



Product Description

Plantain Cups obtained from healthy fruits, pre-fried, frozen and packed following hygienic and quality standards necessary for exports, meeting consumer expectations and food safety standards.

Pack and Case Specifications

<u>Pack Net Weight</u>	<u>Packs per Case</u>	<u>Unit per Pack</u>
2.5 lb	4	23
<u>Case Size (LxWxH)</u>	<u>Case Gross Weight</u>	<u>Cases per Pallet</u>
15.75 x 11.81 x 7.48	10.91	120 (10/12)
<u>Master Case GTIN</u>	<u>Case Cube</u>	<u>Expiration Date Codification</u>
00825414408521	0.81	

Microbiological

Aerobic mesophilus: <1,000,000 cfu/g
Total coliforms: <10 cfu/g
Staphylococcus aureus: 1,000 cfu/g
E. coli: absence/25g
Salmonella: Absence/25g
Listeria: Absence/25g

Ingredients

GREEN PLANTAINS, VEGETABLE OIL (PALM OIL).

Allergens

NONE..

Directions

Fryer or Air Fryer

In skillet or deep fryer, pre-heat enough oil to cover the cups. Heat to 350 °F. Fry for 3 to 5 minutes or until golden brown. Drain on paper towel. Add salt to taste. Pre heat air fryer to 350 °F. Place the cups next to each other on a single layer basket for the air fryer. Cook for 8 to 10 minutes flipping over halfway through.

Physical

Unit weight: 1.76oz (50g)
Unit dimensions:
- Diameter: 1.57" (4cm)
- Height: 1.57" (4cm)
- Thickness: 0.28"-0.35" (0.7-0.9cm)

Organoleptic

Color: Light green.
Odor: Characteristic of fried plantain.
Flavor: Green plantains and oil.
Consistency: Crispy (fried).

Certificates and Claims

FSSC 22000, Non-GMO Verified Project certified.

Nutrition

Nutrition Facts

About 8 servings per container
Serving size 3 pieces (140g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 63g	23%
Dietary Fiber 4g	14%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 7mcg	35%
Calcium 4mg	0%
Iron 2mg	10%
Potassium 560mg	10%

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

