



# Tio Jorge 12925 - Plantain Tostones Traditional

MIC Food  
Brand- Tio Jorge  
Plantain Traditional Tostones  
Precooked Frozen, IQF  
Ingredients: Unripe plantains, vegetable oil  
Great as an appetizer or side dish. Pairs well with meat, poultry and fish



## \* Benefits

MIC Food  
Brand- Tio Jorge  
Product Information  
Plantain Traditional Tostones  
Precooked Frozen, IQF  
Ingredients: Unripe plantains, vegetable oil  
Quantity: 2.0PC  
Ready to heat and serve.  
Great as an appetizer or side dish. Pairs well with meat, poultry and fish.  
Quantity: 2.0PC  
No Sugar Added  
2025, 2024  
Net Weight  
1.00 Kilogram  
1000 Grams  
Keep frozen - fully cooked by end consumer. For foodservice or retail use.  
Available for retail.  
By MIC, do not use

## Ingredients

Unripe plantains, vegetable oil

## ⚠ Allergens

### Free From:



# Nutrition Facts

Servings per Container **5**  
Serving size **2.0PC (2H87)**

Amount per serving  
**Calories 170**

% Daily Value\*

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i>	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0.6mcg	<b>3%</b>
Calcium 0mg	<b>0%</b>
Iron 0.5mg	<b>3%</b>
Potassium 440mg	<b>9%</b>

\* The % Daily Value (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.

## Handling Suggestions

Keep frozen.

## Serving Suggestions

Serve as an appetizer or with a main course. Great pairing for meat, poultry and fish.  
Keep frozen until ready to heat and serve.

## Prep & Cooking Suggestions

Deep Fry: Preheat enough oil at 350-360 degrees F (176-182 degrees C) to cover plantain tostones. Do not overload basket and carefully lower basket into hot oil. Fry 3 to 4 minutes or until golden yellow. Drain on paper towel. Add salt to taste. Fry from frozen, do not thaw.

## 📄 Product Specifications

Brand	Manufacturer	Product Category
Tio Jorge	Mercadagro International Corporation	Fruit, Other, Canned or Frozen

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	TJI020	12925	10765744000200		20/1 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21lb	20lb	Honduras	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.5in	11.6in	7.6in	0.79ft3	10x8	700days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	170	Total Fat	2.5g	Sodium	0mg
Protein	1	Trans Fats		Calcium	0mg
Total Carbohydrates...	36g	Saturated Fat	0.5g	Iron	0.5mg
Sugars	0g	Added Sugars	0g	Potassium	440mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

