

El Sembrador

36624 - **Tostones**



Add some flavor to your table tonight with El Sembrador's famous tostones. Traditional sliced, green plantains ready for frying. You can serve them as a snack, appetizer, or side dish.



* Benefits

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br />After starting with Cassava (Yuca), El Sembrador experienced exponential growth among Hispanic consumers.
Currently the market leader in Hispanic frozen foods. El Sembrador's vision is to continue to provide great quality products while expanding to serve consumers all over the U.S.

Ingredients	▲ Allergens
Plantains, vegetable oil (palm oil).	Free From: Spectrustaceans eggs fish milk peanuts sesame soy tree nuts wheat

Nutrition Facts

Servings per Container 14 Serving size 100.0g (100g)

Amount per serving Calories

220

<u> </u>	
% Da	aily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium Omg	0%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 2g	_
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	4%
Potassium 521mg	10%

* 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 UNIT UPC: 099336007517

Serving Suggestions

Serve as a snack, appetizer, or side dish.

Prep & Cooking Suggestions

CPDEEP FRYER OR PAN: Preheat oil to 350 degrees F (180 Degrees Celcius). Place small amount of plantains in fryer. Fry 3 to 4 minutes, until golden brown. Drain on paper towel and serve warm.

CONVENTIONAL OVEN: Preheat oven to 350 degrees F (180 degrees Celcius). Place one layer frozen plantains on cookie sheet and bake for 20 to 25 minutes, or until golden brown.

Product Specifications

Brand	Manufacturer
El Sembrador	Oliva Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
099336007517	10681	36624	10099336007514		6/3 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
19lb	18lb	Ecuador	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16.14in	11.81in	7in	0.77ft3	10x12	547days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	220	Total Fat	8g	Sodium	0mg
Protein	2	Trans Fats	0g	Calcium	0mg
Total Carbohydrates···	36g	Saturated Fat	3g	Iron	0.5mg
Sugars	0g	Added Sugars	0g	Potassium	521mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images		

