

La Toca Blanca

40819 - Sliced Sweet Plantains Prefried



Our presliced and prefried plantains from Ecuador are a staple of Latin cuisines as a side dish, appetizer, snack or incorporated into a dessert these plantains are great with any meal segment or day part you are trying to fill



* Benefits

Our presliced and prefried plantains from Ecuador are a staple of Latin cuisines as a side dish, appetizer, snack or incorporated into a dessert. These plantains are great with any meal segment or day part you are trying to fill. Our plantains are the only ones on the market that are certified gluten free, GMO free, Kosher and all natural as well as FSSC 22000 plant certification for the highest level of quality and traceability.

Ingredients	▲ Allergens
plantains, vegetable oil	Free From: Continue Continue

Nutrition Facts

Servings per Container 27 Serving size 100.0g (100g)

Amount per serving Calories

190

% Dail	ly Value*	
Total Fat 2.5g	3%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium Omg	0%	
Total Carbohydrate 40g	15%	
Dietary Fiber 5g	18%	
Total Sugars 24g		
Includes 0g Added Sugar	0%	
Protein 1g		
Vitamin D Omeg	0%	
Vitamin D 0mcg		
Calcium 0mg	0%	
Iron 0mg	0%	
Potassium 400mg	8%	

* 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

Store in freezer below 0F (-18C). Keep frozen until ready to use. Unopened bags can be stored for 24 months. Do not thaw and refreeze.

UNIT UPC: 825414408194

Serving Suggestions

side dish fried or mashed, baked, stuffed, pastelon, plantain moussaka, desserts

Prep & Cooking Suggestions

Deep Fryer Preheat oil to 350F (180C) and deep-fry for 3 to 4 minutes until golden brown. Drain and serve. Conventional Oven Preheat oven to 350F (180C) and place the plantain slices evenly on a baking tray in a single layer. Cook for 7-10 minutes until golden brown.

Product Specifications

Brand	Manufacturer
La Toca Blanca	White Toque Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
825414408194	40819	40819	00825414408194		4/6 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
24.87lb	24lb	Ecuador	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.95in	7.87in	15.98in	0.87ft3	10x9	475days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	190	Total Fat	2.5g	Sodium	0mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates	40g	Saturated Fat	1.5g	Iron	0mg
Sugars	24g	Added Sugars	0g	Potassium	400mg
Dietary Fiber	5g	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						

