



La Toca Blanca  
40833 - Tostones

The toston is made from sliced green (unripe) plantains cut either length-wise or width-wise and are twice fried. The slices of plantains are fried for one to two minutes on each side until they are golden in color, removed from oil, drained of excess oil and pounded flat with a utensil



\* Benefits

The toston is made from sliced green (unripe) plantains cut either length-wise or width-wise and are twice fried. The slices of plantains are fried for one to two minutes on each side until they are golden in color, removed from oil, drained of excess oil. Afterwards, they are pounded flat with a utensil made for the task, called a tostonera. Toston, also known as patacon can be served as an appetizer, a side dish or much like potato chips or french fries.

Ingredients

GREEN FRESH PLANTAIN,  
VEGETABLE OILS (SOYBEAN,  
PALM).

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 13  
Serving size 3.0EA (3EA)

Amount per serving  
**Calories 200**

% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2mg	2%
Potassium 0mg	0%

\* 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). Shelf-life frozen: 24 months. Keep frozen until ready to use. Do not thaw and refreeze.

Serving Suggestions

fried and served as chips or in place of fries, topped with nacho toppings, pulled pork or ropa vieja, used as appetizer and entre ingredients.

Prep & Cooking Suggestions

Deep Fryer  
Preheat oil to 350F (180C). Place small amount of tostones in fryer. Deep fry for 60 to 90 secondes. Drain, add salt and serve. Add mojo salsa (garlic sauce) for an authentic caribbean dish.  
Pan  
Preheat oil to 350F (180C). Place one layer of frozen tostones on pan. Use enough oil to fully cover tostones. Fry for 60 to 90 secondes. Drain, add salt and serve.

✎ Product Specifications

Brand	Manufacturer
La Toca Blanca	White Toque Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	40833	40833	00825414408330		6/3 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
19.12lb	18lb	Ecuador	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.3in	11.42in	6.7in	0.68ft3	12x9	475days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	200	Total Fat	2g	Sodium	0mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	37g	Saturated Fat	1g	Iron	2mg
Sugars	3g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	3g	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-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

