



Ripe Plantain Slices

INGREDIENT INFORMATION

Ripe Plantains, vegetable oil (soybean or palm oil)

Contains: No allergens

UPC: 50057 00717 – Non-Commodity

Unopened Shelf Life: 24 months from production date

Product Appearance: Sliced plantains

Product Handling/Storage: Temp: 0°F +/- 10° through distribution

Day Code Format: Julian Date

Recommended Preparation Instructions

****Keep Frozen Until Use****

Oven instructions:

Pre-heat oven to 400 °F. Grease bottom of baking sheet generously with vegetable oil. Arrange frozen slices in a single layer. Bake to a light golden brown, approximately for 20 minutes. Season to taste.

Nutritional Facts

32 Servings per container

Serving size 2 slices(85g)

Amount per Serving
Calories **150**

%Daily Value*

Total Fat 3.0 g 4%

Saturated fat 0.5 g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 29g 11%

Dietary Fiber 1g 5%

Total Sugars 24g

Including 0g Added Sugars 0%

Protein 1g

Vitamin D <0.5 mcg 0%

Calcium 4.0 mg 0%

Iron 0.35mg 2%

Potassium 406mg 9%

* The %Daily Value (DV) tells how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Child Nutrition Meal Pattern Requirements

Each ¼ c. serving of fruit or starchy vegetable contains 2 plantains.

PRODUCT INFORMATION

Product Code	Case Pack	Case Weight (LBS)	Case Cube	Case Dimensions	Cases Per Pallet	Case Yield
470615 – Non-Commodity	4x6 Lb. Bags	24.00 Net 25.00 Gross	0.73	L = 15.35" W = 11.81" H = 6.89"	Ti 10 Hi 8 80	134 – 2.86 oz serving