

Whole Baked Plantain Canoe Cut 10 x 5 units.



Pallet Information

Cube:	0.56
TI/Hi:	10 base x 10 high
Pallet size:	100 cases

Nutritional Information

Nutrition Facts	
9 Servings per container	
Serving size	1/2 plantain (85g)
Amount per Serving	
Calories	
	130
	%Daily Value*
Total Fat 1g	1%
Saturated fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	6%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D < 0.6mcg	0%
Calcium 5mg	0%
Iron 0.4mg	2%
Potassium 410mg	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.

Product Information

Product:	Big Banana Plantain Whole Baked Canoe Cut 10 x 5 units
SKU:	SB073
Ingredients:	Ripe plantains
Allergens:	None
Intended use:	Requires to be fully cooked by end consumer. For food service and retail use.
Claims:	Kosher, all natural, gluten free, low sodium, naturally sweet (no added sugar), no cholesterol, vegan
Shelf life:	Best by date 2 year from production date
Storage conditions:	0° F (-18° C)
Country of origin:	Honduras
Availability:	Year round

Package Information

Case pack:	5 x 10 units.														
Net weight:	16 lb. (7.25 kg)														
Gross weight:	17 lb. (7.71 kg)														
Approximate units per bag	5 plantains														
Approximate units per case	50 plantains														
Bag dimensions:	12 x 9 in. 305 x 229 mm														
Case dimensions:	15.5 l x 10.8 w x 5.8 h in. 394 x 275 x 147 mm														
UCC – 14:	10765744002310														
UPC Code 12:	For foodservice use only.														
Production code/ Best by date format:	<table border="0"> <tr> <td>AA</td><td>21</td><td>001</td><td>1</td><td>JAN</td><td>01</td><td>2023</td> </tr> <tr> <td>Plant code</td><td>Production Year</td><td>Production day - Julian</td><td>Prod. shift</td><td>Best by Month</td><td>Day</td><td>Best by Year</td> </tr> </table>	AA	21	001	1	JAN	01	2023	Plant code	Production Year	Production day - Julian	Prod. shift	Best by Month	Day	Best by Year
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Heating Instructions

Please consider before cooking:	Keep frozen until use. Do not overcook. Appliance temperatures may vary. Please consider the performance of your appliance when following these cooking directions.
Conventional Oven	Preheat oven at 350 °F. Place product in oven safe tray and heat for 20 minutes or until golden color.
Microwave Oven	Place desired amount in microwave safe container. At high setting, heat for 1.5 minutes or until plantains are hot. The more product that you heat, the more time you will need. Serve Warm.
Pan Fry	Heat 1/3 cup of vegetable oil in large skillet over medium heat. Carefully place the frozen plantains in a single layer. Fry 5-6 minutes, turning frequently. Serve warm.
CAUTION!! Ice crystals on frozen foods can splatter when cooked in hot oil. To avoid risk of injuries, add product to the fryer with caution, carefully remove it from fryer after cooking, and let it cool for one minute before serving.	