



Comida Vida

25132 - Ripe Plantain Slices

Easy to prepare ripe sliced plantains. This hidden superfood is a great side to any dish.



* Benefits

Nutrition Facts

Servings per Container **134**
Serving size **2.86oz (81g)**

Amount per serving
Calories 140

	% Daily Value*
Total Fat 2.8g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0.5mcg	3%
Calcium 3.7mg	0%
Iron 0.33mg	2%
Potassium 387mg	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.

Ingredients

Ripe Plantains, Vegetable Oil (Soybean or Palm Oil).
CONTAINS: NO BIG 9 ALLERGENS

⚠ Allergens

Free From:

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

Handling Suggestions

Keep frozen at 0F +/- 10F

Serving Suggestions

Perfect as a side to our burritos or tamales.

Prep & Cooking Suggestions

OVEN: Pre-heat oven at 375 F (190C). Place slices in a single layer in a baking sheet. Bake for 12-15 minutes or until golden brown. Serve warm.
PAN FRY/DEEP FRYER: Pre-heat enough oil at 350 F (176C) to cover plantain slices. Suggested frying time 3 - 4 minutes. Please take notice that the heating capacity may vary from fryer to fryer. Remove from oil and drain excess oil. Serve warm.
MICROWAVE: Place desired amount in microwave safe container, at high setting, for 3 minutes or until slices are hot. Please take notice that heating capacity varies among microwaves.

📄 Product Specifications

Brand	Manufacturer
Comida Vida	Comida Vida

MFG #	SPC #	GTIN	Pack	Pack Desc.
470615	25132	00850057007176	4	4/6 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25lb	24lb	HND		Yes

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.39in	11.54in	7.32in	0.75ft3	10x10	720DAYS	-10°F / 10°F



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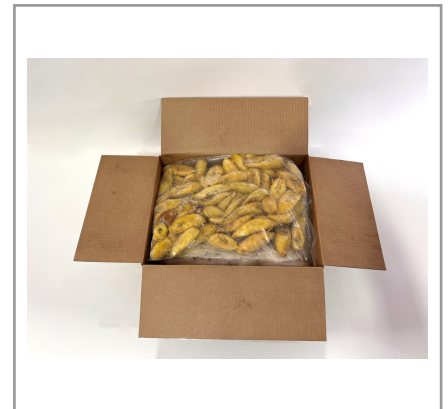
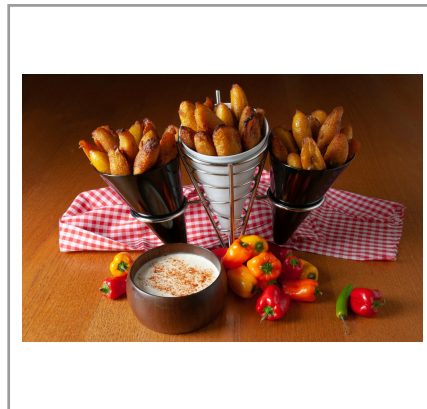
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Nutrition Analysis - By Measure

Calories	140	Total Fat	2.8g	Sodium	0mg
Protein	1	Trans Fats	0g	Calcium	3.7mg
Total Carbohydrates...	28g	Saturated Fat	0.5g	Iron	0.33mg
Sugars	23g	Added Sugars	0g	Potassium	387mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0.5mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images



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Sodium 0mg	0%
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Dietary Fiber 1g	4%
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