



NUTRITION FACTS

Serving size 75 g (3 oz)
Servings per container 144

Amount per serving	
Calories 150	Calories from Fat 18
% Daily Value*	
Total Fat 2.0g	4%
Saturated Fat .3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	
Vitamin D < 0.6 mcg	0%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 390 mg	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients

Green Plantains, Vegetable Oil (Soy)

Allergens

No allergens

Case Specifications

Product code	470680
GTIN	00850057007435
Pack Size	4x6 lb Bags
Tie High	Ti 10 Hi 8
Weight	24.00 Net 25.00 Gross
Case L,W,H	L = 15.43" W = 11.57" H = 8.7"
Cube	0.89
Serving Size	2 tostones (75g)
Servings Per Case	144 / 2.65 oz serving
Shelf Life	24 months from production date
CN Equivalency	1/4c Starchy Veg

Preparation and Cooking

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

Convection Oven:

1. Pre-Heat Oven to 400°
2. Spray bottom of baking sheet with cooking spray.
3. Arrange tostones in a single layer on baking sheet.
4. Bake for approximately 10-15 min or until lightly browned.

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