



IQF DEEP FRIED SWEET WHOLE PLANTAIN Technical Data Sheet

1. Description:

- Ripened Fresh Cooking Plantain (Musa Paradisiaca L.)
- Brix: 23-36°
- Deep Fried with Sunflower Oil with high oleic acid content
- No allergens used

2. Processing Plant Food Safety and Quality Assurance Programs:

- GMPs (Good Manufacturing Practices)

3. Microbiological Analysis:

- E.Coli 0157:H7: Negative
- Listeria: Negative
- Salmonella: Negative

4. Organoleptic Specifications:

- Flavor: Sweet
- Texture: Tender
- Appearance: Fried

5. Product Size:

Measurement	Inches	Centimeters	Weight / Unit	Average
Length	6 5/16 – 8 11/16	15 – 22	Ounce	4.7
Diameter	1 1/8 – 1 9/16	2.7 – 4	Gram	140 - 174

6. Nutrition Facts:

Serving size 1 Unit (174 g) Calories 150 Calories from fat 0	Amount Per Serving		% Daily Value
	Total Fat 2.5g		3%
	Saturated Fat 0g		0%
	Trans Fat 0g		0%
	Cholesterol 0mg		0%
	Sodium 0mg		0%
	Potassium 245mg		12%
	Total Carbohydrate 30g		9%
	Dietary Fiber 4g		8%
	Sugars 20g		
*Percent Daily Values are based on a 2,000 calorie diet.	Protein 1.5g		
	Vitamin A 14%	Vitamin C 17%	
	Calcium 1%	Iron 6%	

7. **Storage:** Keep Frozen at 0°F (-18°C).

8. **Longevity (Shelf Life):** 1 year if product is keep frozen.

9. **Packaging:**

Item	8x3 LB (8 x 1.36 Kg)
Gross Weight	27 LB
Unit/Bag	About 8-9
Cases/Container	2112

10. Cooking Instructions:

- **Deep Fryer:** Preheat oil to 350°F (180°C). Fry for 1.5 to 3 minutes or until golden brown.
- **Conventional Oven:** Preheat oven to 350°F (180°C). Bake for 7 to 10 minutes or until golden brown. (Depending on the power of the oven)
- **Airfryer:** Cook for 3 – 5 minutes to 350°F (180°C).
- **Microwave:** Set microwave at a high setting for 3 to 4 minutes and cook until plantains are hot. Microwave setting may vary and heating time may require adjustments.